THE CRAZY WISDOM COMMUNITY JOURNAL 2000

JANUARY THROUGH APRIL 2000 (#14)
(Cover) The Crazy Wisdom Interview with Dr. Sara Warber
Dr. Lev (Edward Jonas) Linkner - Ann Arbor's Original Holistic Physician
Psychotherapist and Poet Michael Andes
Herbalist and Bodyworker Linda Diane Feldt

Millennial Musings by: John Morris • Chetana Cathy Florida • Nina Howard • Doug Shapiro • Richard Mann • Geri Larkin • Ray Golden • Brian O'Donnell • Betsy Adams • Mike Gentry • Brenda Morgan • George Lambrides • Abbie Stalin • Tom Thomas • Matthew Lawrence • Laszlo Slomovits • Linda Diane Feldt • Lev Linkner • Mateyo Empie • Barbara Boyk • Michael Andes

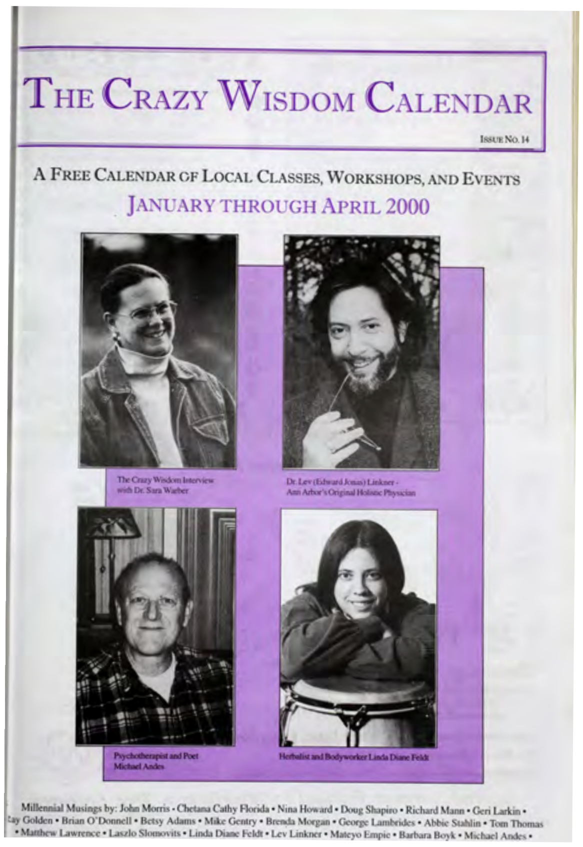
INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 2000 (#15)
(Cover) The Crazy Wisdom Interview with U-M Professor Max Heirich
Heirich Reflects on a Career at the Cutting Edge of Social Change, and on his own Spiritual Evolution

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

SETPEMBER THROUGH DECEMBER 2000 (#16)
(Cover) Artist. Drummer and Community Activist Lori Fithian
A Conversation with Musician and Music Therapist Kathy Moore
Athlete, Engineer and Reiki Master Tom Egan
Storyteller Antoinette Thoin

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS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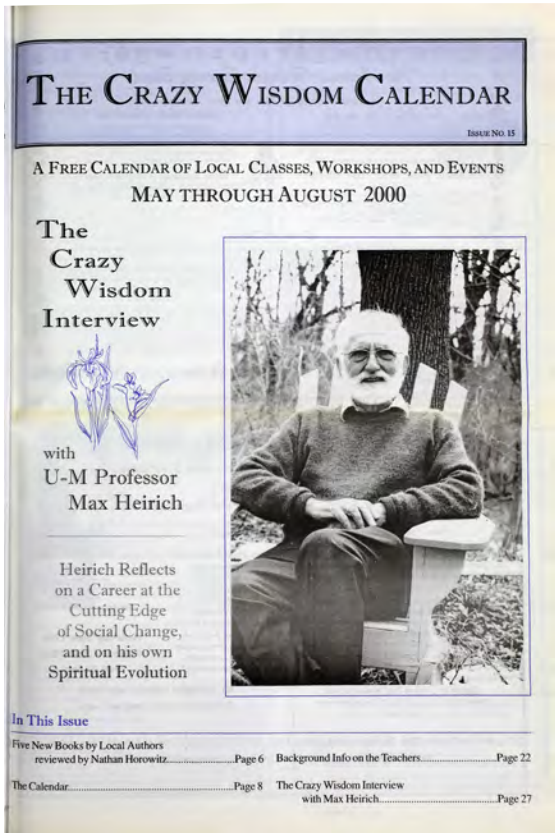
Issue No. 14
A Free Calendar of Local Classes, Workshops, and Events
January through April 2000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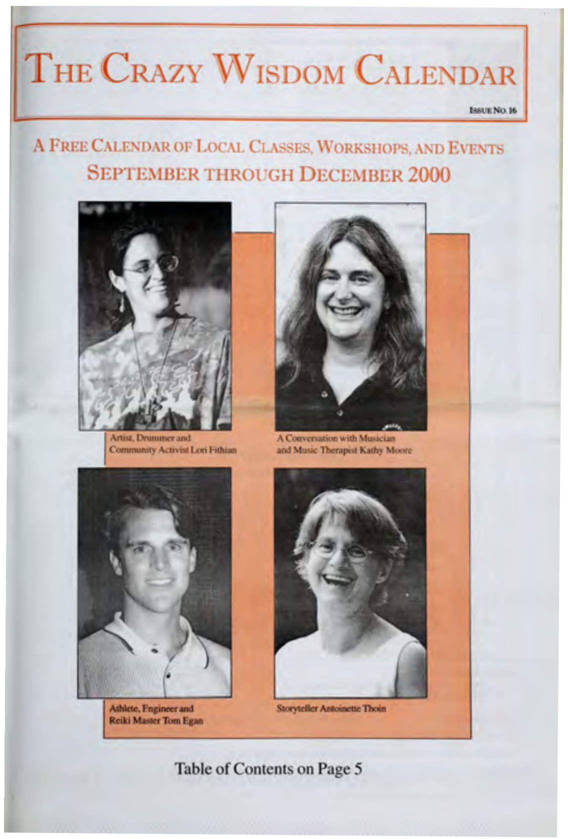
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ISSUE NO. 14

A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

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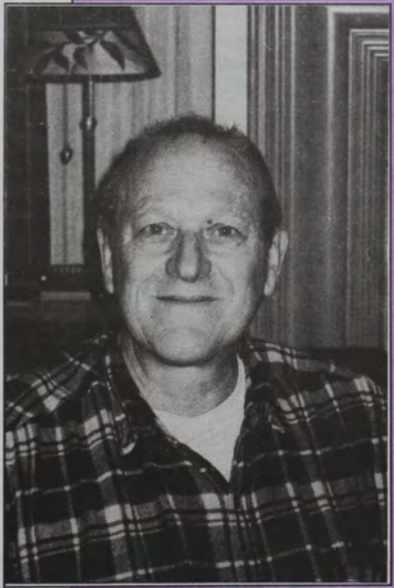
with Dr. Sara Warber

Dr. Lev (Edward Jonas) Linkner -
Ann Arbor's Original Holistic Physician



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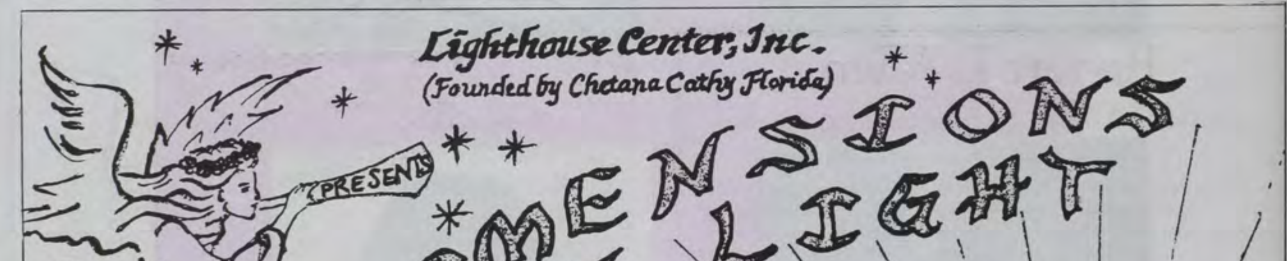

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Robert J. Allen

Practicing Mystic & Spiritual Advocate

[T]hose who attain the finest measure of spiritual Grace find this Grace operating through them to heal people, to supply people, to care for people, to bring about changed attitudes, and to do all other kinds of miracles.
~Joel Goldsmith

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As a SPIRITUAL ADVOCATE or healer, Mr. Allen works with you, prayerfully knowing that whatever discord or dis-ease seems to be present in your life cannot survive in the light of God's Love. "To the average person, when a result is obtained by this method of work, it looks as though a miracle has happened, but such is not the case. It is only a miracle as everything else in life is a miracle."

Mr. Allen visits Southeastern Michigan on a weekly basis. If you would be interested in a consultation or class information, please telephone, write or fax.

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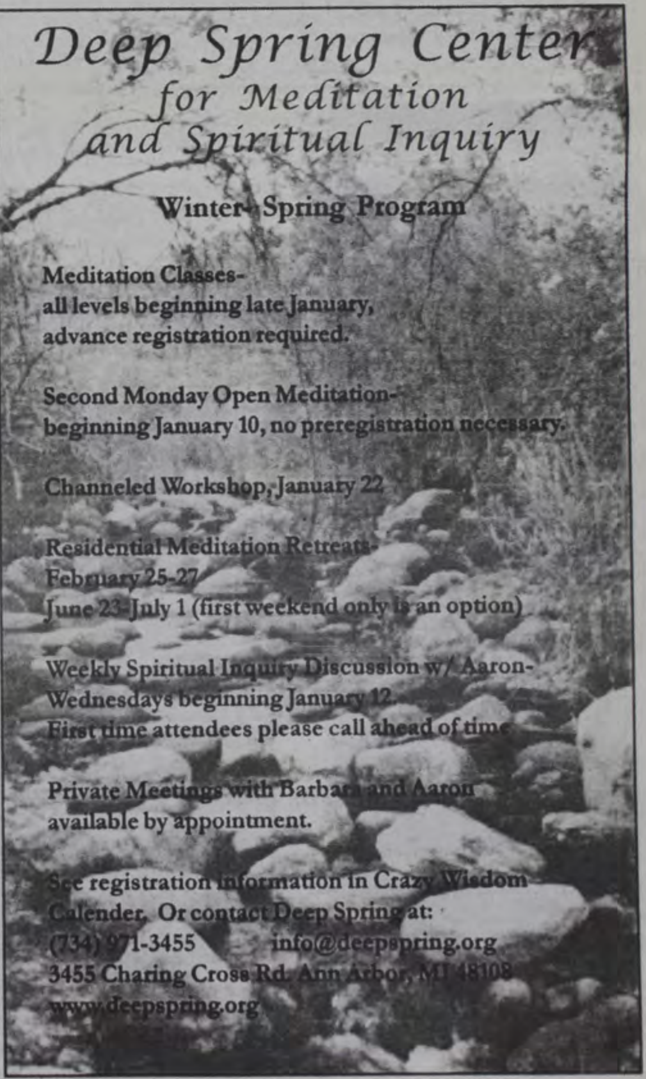

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Notes on a Dying Millennium

By Bill Zirinsky

"Until the mid-19th century and the spread of railroads, the narrow ambit of nearly every person's life was measured at a foot-pace or, at best, a horse's stride. One's place of residence exerted an almost unimaginable gravity."

This wonderful quote, taken from a Millennium commentary entitled *The Allure of Place in a Mobile World* in The New York Times (on Tuesday, December 14th) speaks to the sense of loss I feel as we approach the millennium. One could shiver with excitement about what is to come in the new century, but tonight I feel like grieving for what we are saying goodbye to.

What a different world we now live in, so profoundly different from the world of our grandparents. Refrigerators, telephones, cars, plastic. We have lost our local banks and pharmacies and hardware stores. We are losing great patches of the natural world. We are losing our privacy. We live under the shadow of nuclear annihilation, remote as that threat appears in the current moment. The pace of things really has picked up dramatically, just in the last twenty years. Faxes hunt us down.

In one hundred years, I read recently, there will be no more gorillas, elephants or tigers. Paul Theroux has written that nowadays you can travel far away but you are no longer unreachable. There will be no place to hide. Cell phones are everywhere. And children watch too much television, rather than engaging in imaginary play. "It takes a village" and all that…global television…homogenization…irradiated food…better living through chemistry is not all that it's cracked up to be.

I loved trekking in Nepal. Walking from mountain village to mountain village, days from the nearest paved road, I could begin to get a sense of what the world might have been like before trains and cars and planes. It goes without saying that I am romanticizing the past, but haven't we lost our senses?

It's fascinating to me that the Internet arrived during the last of the 100 decades of this past millennium. We are truly being hurled forward into a New World and there is no turning back. What traditions do we want to preserve as we make this journey, a journey which is taking us far from home.

Further from home than ever before.

At the same time, I see everyday in the books we sell at Crazy Wisdom a thirst for indigenous wisdom. And in the Ann Arbor I live in and know, there is an abiding respect for what is grounded and authentic. What a wonderful life this is, Colette writes. She only wishes she'd realized it sooner! How true! Friendship, a walk in the woods, the rhythms of daily life, pleasure in the moment, a favorite *Seinfeld* episode, a child's love…so many good things.

Why then am I grieving the dying decade and the dying century and a thousand years of human history? I don't know, perhaps just because I'm getting older and saying goodbye to this century is saying goodbye to my youth, turning a page forever. And planetary society is doing the same thing. Saying goodbye to a simpler and slower era of human history than the millennium just around the corner.

The book, *Japanese Death Poems*, includes a poem written by Zen Monk Mumon Gensen in the year 1390, at the age of sixty-eight, immediately before his death:

Life is an ever-rolling wheel
And every day is the right one.
He who recites poems at his death
Adds frost to snow.

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the May through August 2000 issue **is Wednesday, March 22nd,** and the **deadline for paid advertising is Wednesday, April 5th.** The issue will be distributed starting April 21st. 4,000 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're currently located at 114 South Main Street, Ann Arbor, Michigan 48104.

****

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Staff Photographer: Linda Lawson. Transcribing of interview and Editorial Assistance: Abbie Stahlin. Cover design: Molly Nuzzo. The 7th Edition of our guide to *Health and Healing Resources in Ann Arbor* is included in this issue of **The Crazy Wisdom Calendar.** Work on *Health and Healing Resources in Ann Arbor* was done by Jonathan Ellis, Lynn Murdock and Bill Zirinsky.

Most of the quotes used in the calendar section were found in the following books: *Graces*, by June Cotner and *Zen Soup*, by Laurence G. Boldt. These books are available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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Calendar Highlights for January – April 2000

1) **Women's Circle of Song** – starts January 6
(See Singing and Songwriting)
2) **Buddha's Enlightenment Day** – January 15
(See Buddhist Teachings and Buddhist Meditation)
3) **Dreams: Their Sacred Images and Meanings**
- January 21 - (See Dreams)
4) **Jean Houston (Author of *The Possible Human*)** –
- January 22 - (See Personal Growth)
5) **Feast of Joy: A Night of Sacred Music** –
January 27, February 19, March 18, April 22
(See Music and Sound)
6) **Lama Surya Das at the Church of Today (Author of *Awakening the Buddha Within*)** – February 9
(See Spiritual Development)
7) **Convocation 2000** – February 17
(See Conferences, Fairs and Festivals)
8) **Sacred Theater 2000** – February 25
(See Womenspirit)
9) **In the Company of Sister Friends** – March 3
(See Mothers/Daughters/Sisters)
10) **Pat Rodegast Channeling Emmanuel** – March 23
(See Channeling)
11) **Coming Back to Life with Joanna Macy (author of *World as Lover, World as Self*)** – March 24
(See Nature and the Environment)
12) **The Dimensions in Light Festival** – March 25
(See Conferences, Fairs and Festivals)
13) **Web of Feeling: A Spiritual Approach to the Environmental Crises Facing Earth** – March 31
(See Nature and the Environment)
14) **Stumbling Toward Enlightenment with Geri Larkin** —
April 1 - (See Spiritual Development)

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Millennial Musings —

Crazy Wisdom asked a select group of Ann Arbor's leading lights (in a Crazy Wisdom sense, that is) to tell us what, if anything, they find interesting in the passing of the old millennium and the coming of the new one. Here, over the next six pages, are their answers.

Photo by Liz Brauer

Linda Diane Feldt

The year 2000 is inherently an arbitrary marker of time. The historical understanding of how we ended up with this particular year at this time makes that clear. It is based on an error of when the Christians placed the birth of Jesus. Naming this the year 2000 is just one of our options; we would arrive at a far different year using calendars created by the Jews, Muslims, Chinese, and Aztecs, to name only a few. The year 2000 is an event only by virtue of how we have decided to measure time in our western culture. There is no accompanying astrological convergence or return, no natural marker of the significance of the end of this millennium.

And yet this is an important resting point emotionally, a time to reflect and ponder. It has also become a necessary time to evaluate and reflect on our use of technology by virtue of the concern about the Y2K bug. Early computer programmers were aware of the possible problem with the shorthanded use of two digits to represent the year, but most believed that we would have evolved into different programs before it became a problem. While our reliance on computer technology has surpassed nearly everyone's early expectations, being caught short with this small (costly) glitch is a humbling historical note that will likely be the subject of many lectures in the future concerning the confluence of technology with basic shortsightedness.

The year 2000 has become a major event in a culture that loves to mark anniversaries, decades, and the passage of time and eras. Each of the last decades has a whole feeling sense attached to it — we evoke great images and concepts by just mentioning the '60s, the '70s, etc. I am sure there would be the same reaction to the '20s and earlier times, if there were enough people still around to share the images of that time more regularly, and if comparable colorful images were available. Our means of portraying culture has become the memory of what was. As we came to depend on TV and recorded events to provide our concepts of reality in the later part of this century, for many of us the images of the first half of the century are in black and white, scratchy voices from old recordings, with a lack of movement and much true reality. The medium has become the reality, which is a great loss to us all and a damaging distortion of history.

As a point of contemplation, the moment of change into the year 2000 looms large and powerfully. It is a valuable moment from which to contemplate both the past and the future.

In the last few years, the response to "How are you?" has evolved from "Fine, thank you," to variations on "Busy." The need for a peaceful pause to reflect has never been greater, as we arrive at this historical moment.

And that is all this is. A powerful time to mark the passage of time, to have an opportunity to evaluate goals and life direction. To have one more reason to give thanks or to rededicate our lives for service. And hopefully in the midst of the serious contemplation to also have a lot of fun imagining the future and the stories we will tell of where you were then.

Linda Diane Feldt, an herbalist and bodyworker, is the president of the American Polarity Therapy Association. Her companion, Zomba, is Ann Arbor's leading canine intuitive.

> "The millennium, despite all its outer forms, is essentially an inner, subjective event, shared by billions, which allows each of us to enter the mystery of tomorrow with an open, grateful, joyous and optimistic heart."
>
> -Richard Mann

Richard Mann

Each of my children had a year when they believed in Santa Claus. Each, later on, had years when they made it very clear that they didn't. And in between those two times, they sort of knew the whole deal, but even so, they continued to get excited, as if they still believed, as if it were still OK to enter into the play and the fun of it all.

And now, here comes the millennium, and again we know the deal? It's hard not to ask, Where would the millennium be without Constantine's triumphant empire and the calendar of his newly adopted religion? There are dozens of numbering systems for counting years, so what's all the fuss?

The big deal is a new start, a fresh and grateful reappraisal of what we already have, and already might be capable of. We all want to be like Scrooge on the day after his transformative night of self-confrontation. We all want to throw open the shutters, as if it were the dawn of a new life of joy and appreciation.

If, as a human race, we have let roughly 365,250 dawns slip by since the last millennium without fulfilling all those opportunities for self-confrontation and joy, then why not seize the new millennium with passion? Why not seize the chance to create a wrinkle in time, a worldwide holy day, a sense of beginning again?

The millennium, despite all its outer forms, is essentially an inner, subjective event, shared by billions, which allows each of us to enter the mystery of tomorrow with an open, grateful, joyous, and optimistic heart.

God bless us one and all!

Richard Mann (pictured below) is professor emeritus of psychology at U of M, and the author of The Light of Consciousness. He has inspired countless U of M students over the years to set out in search of wisdom.

Photo by Linda Lawson

> "Could it be that we are being given another chance, another thousand years to get it right? If so, what better way to start the next journey than to stop, to listen, to dream, to pray and to care about the qualities that make this human experiment so challenging. Let's work at it together!"
>
> - Rev. George B.Lambrides

Rev. George B. Lambrides

Significant dates are markers on our calendars to stop and take note. No, January 1, 2000, will not mark the end of the world as we know it. No, it is not a call to religious fanaticism. Nor is it an occasion for panic and fear. It is, for me, an opportunity to reflect on the lessons of the past millennium and to dream of the next.

Yes, let's dream of a better world. Yes, let's dream of a world at peace, peace among humans, peace between humans and the environment, and the deep peace within for which most of us long and few of us achieve.

The turn of the millennium is an occasion for envisioning a new future. And if we can envision it, there is a better chance that we can experience it. Could it be that we are being given another chance, another thousand years to get it right? If so, what better way to start the next journey than to stop, to listen, to dream, to pray and to care about the qualities that make this human experiment so challenging. Let's work at it together!

Rev. George B. Lambrides is the Executive Director of the Interfaith Round Table of Washtenaw County, and a Chaplain at the University of Michigan Medical Center.

Photo by Ruth Schekter

Michael Andes

Ten fingers, ten toes.
For each the same, again and again and again —
Unknowable ancestors must have noticed this
in the dawning of the dawn of Awareness:
Numbers.
Sunrises, sunsets, eclipses — wondrous, unpredictable.
Moon phases and eclipses — silent, mysterious.
Planets moving one way, then another, then back:
Cycles.

Now, a fat million
years later, still ten
fingers and toes.
Cycles, too,
basically the same,
for always, since
always.
Sunrises, moonrises, eclipses — still wondrous,
though now predictable, like the tides, like the
seasons.
We know the year, month, day, exact moment of the next
eclipse.
Clocks are calibrated to dance on the heads of atoms.
Calendars, datebooks and crystal screens tell us
when to sleep, wind our watches, or celebrate a
birthday.

Numbers seize us in the net of Time.
In this net we are collected, all: together, without
exception.
All accomplishments, all failures, all sacrifices, all
betrayals,
all loves, all sins, all magic, all ordinary moments,
captured, forever.

(The Millennium is just for some of us, you know: an
arbitrary span
originating around the birth of a man who, some tell us,
may never have existed. Perhaps he was a mushroom.
But no matter, for that can be argued by fools or scholars
and provide
the content for Channel 43, 11/26/02, at 8 PM EST.)

A big round number has become an anchor.
We stretch a
chain of
numbers
(centuries,
decades,
years,
moments)
from now to
then and back.
This chain links us to the past and wraps around the axle of
today.
We count these links and note the ones that matter.
They all carry memory and meaning — small Velcro hooks
that fasten us to the sidewalks of our lives.

Over Time we hammer out these links on the anvil of our
finitude
into threads that fashion the costumes of our play
and the shrouds that cover us forever when we lie,
beyond Time, in the abyss of Timelessness.

"Clocks are calibrated to dance on the heads of atoms.
Calendars, datebooks and crystal screens tell us
when to sleep, wind our watches, or celebrate a birthday."

Michael Andes (pictured at left) has been at the forefront of Ann Arbor's human potential movement for almost thirty years. He is also a founder of Ann Arbor's longest-running men's group (20 years!).

Mike Gentry

I remember my first grade report card: "Mike has great potential, but doesn't apply himself." I used to daydream a lot. I would think about the future and what it would be like with all the fantastic gadgetry that a six year old could imagine. I remember thinking about the year 2000 and how far away it seemed and that I'd be 37 and how that seemed really old. Well, here I am.

I feel the coming millennium has quite a different meaning to us as a people than the previous one. A thousand years ago people were anticipating some revelatory religious experience and their fears were of something otherworldly and out of their control. Today our fears are less based on our rapport with the Almighty and more on the unknowns brought about by ever advancing technology. Genetic engineering, global warming, overpopulation, cyberbuddies and a host of other complicated big trouble lay in wait just around the bend. Although these times are a cause for some apprehension, they are also very exciting. The potential to do great things is here now. The only thing really bothering me is that first grade report card.

Mike Gentry is a musician and educator.

John M. Morris

The Millennium change has very little meaning for us witches and other neopagans, based as it is on a mistaken estimate of the year of Jesus' birth. Our own celebrations are over: for us the year begins at Samhain, around November 1, when we celebrate the late harvest and visit the land of our Beloved Dead. Oh, like everybody else, we'll probably be holding New Year parties, but they won't have any specific meaning for us.

Our real concern is likely to be for the human reaction to the change in the Millennium. There is likely to be a good deal of what we call "negative energy" — that is, fear, anger, and other destructive human emotions. There may be crazies out there, and we'll want to establish our own forms of protection against them. For many of us, this would take the form of a protective wall or sphere, drawn around our homes and our family, invisible but impenetrable — something like the electronic "fences" some people use to keep their dogs from wandering. I expect that some of our groups will be doing rituals for protection of themselves and their neighbors. But the Millennium in itself is not likely to be the focus of our magical workings.

John M. Morris is a philosopher and Wiccan Priest, as well as a former Unitarian Minister. He is the editor of The Seeker, a regional publication for the pagan community.

Dr. Lev (Edward Jonas) Linkner

I have always been interested in numbers. Even now I have a certain excitement when my car odometer goes from a 9999 to a 10000. But how much meaning is there in watching our calendars go from 1999 to 2000? What do we really expect to happen as we reach this 'magic' number? The reality is that this is just another day, just another date, just a fantasy date. If one believes that this is a date that commemorates Jesus, the historians dispute this and say we are off from 4 to 100 years. For those that are not Christians, it makes even less sense to celebrate a date that doesn't fit into the religious beliefs of the majority of the world. But the fact is that there is an amazing amount of hype to the change in our clocks. Of course, New Years can be a time for a great party, but should we give more credence to its meaning? Why not use this transition as a time to contemplate and change? What are people expecting to be different in the next millennium? Reflecting on the past and thinking of the future are part of growing as a person. Shouldn't we do this as each day opens?

As a physician I am always excited about the possibilities for increasing health and healing. What about our ethics and what about the true future of health care? I am very fearful about our ability to care for patients in a humane and responsible manner. Hopefully our society will rid ourselves of the demons of Managed Care and understand that universal health coverage is the only answer. How can our society think just of parties when over 40 million Americans have no illness coverage? Maybe we will be able to understand that health care IS health, not illness care! Ideally, in this reflection, people will not only turn to improving society but also come to fully accept the advantages of Holistic medicine.

"I plan to spend New Year's with family and friends, and then to attempt every day to become a better and more loving person. I know I have plenty of room for improvement. Do we really need this artificial date to come to this realization?"

If anything this can be an opportune time to look at our group consciousness and start to live by the universal codes of compassion. Using this 'pseudo-time,' we may find the time to understand the importance of living by the Golden Rule of treating others as we wish to be treated. This is a time to meditate on who we are as individuals, and on our immediate, and extended families. I plan to spend New Year's with family and friends, and then to attempt every day to become a better and more loving person. I know I have plenty of room for improvement. Do we really need this artificial date to come to this realization?

Photo by Ruth Schekter

Every day is a new day, and restart of a New Year. Love, compassion and beauty is not only on December 31st. The true inspiration is that as one, and as a group we can make a difference in the outcome. That outcome depends on our inner strength to be the best the person we can be and find the necessary wisdom to achieve this goal. Yes. Happy New Year and make the best of each day. Love and respect for each of us and from all of us to all creatures and our environment.

Dr. Lev (Edward Jonas) Linkner was practicing holistic medicine in Ann Arbor before anyone knew what that meant. He is the father of five.

Mateyo Empie

The "meaning of the millennium" has little to do with the appearance of many zeros in the way we reckon years. The oldest and wisest ones on Mother Earth, the mountains, do not measure time this way; neither do the deer or the Lady, our inland ocean and major apu (guardian spirit) of our area, Lake Superior. Indigenous peoples are often not literate and remember the past according to natural events, such as the winter that the snow was deeper than a tall person.

Even cultures that have calendars and conceptualize time more like we modern Americans are not in agreement as to the year. Jews are nearing the year 5,800; Moslems, Buddhists, and others name next year by other numbers, none of them large and round. So a minority of the human race, let alone other life forms and great spiritual beings, are nearing the year 2000.

Yet we feel something is happening. The Mayan calendar is coming to its end; both the Hopi and the Q'ero Indians, my indigenous mentors, say we are in the process of emerging into the fifth world. What does this mean?

Time, the human race, and the world are not coming to an end, but to a transition point. This process goes back at least forty years, when both the Q'ero and the Dalai Lama say that the main power point of the planet began to shift from the masculine Himalaya Mountains to the feminine Andes of South America. His Holiness was in Peru recently to do ceremony facilitating this transition. He even hinted that His next Incarnation would be born in Peru and perhaps even be female. Indeed, approximately forty years ago the women's movement and growth of specifically feminine modes of spirituality began.

According to the Andean prophecies about this transition, we are in a "voting period" until about August of 2000. Now is when we can most easily determine the future of our species. A critical mass of movement toward greater ayni, loving reciprocity in relationships with each other and the planet, will propel us toward widespread states of higher consciousness, the emergence of powerful energetic healers, and a better life for all, including our little brothers and sisters, the animal and plant and stone peoples.

> "The Mayan calendar is coming to its end; both the Hopi and Q'ero Indians, my indigenous mentors, say we are in the process of emerging into the fifth world. What does this mean?"

We can all vote "yes" to this possible golden age by being honest with ourselves and kind to all, including ourselves. Any work (or play) toward enlightenment - prayer, meditation, healing, performing music, and other spiritual practices, especially relating to nature - of individuals and groups will help. Focusing the mind and opening the heart are also positive steps. One can do no better than to follow the advice of the bumper sticker to "practice random kindness and senseless acts of beauty" to move our planet in a positive direction at this time of choice. As in Chicago city elections of the last century, we can vote early and often. Only this time it's not a crooked election, but a cosmic choosing of increased love and wisdom for all that we cocreate.

Mateyo Empie (pictured at left)... self-styled medicine woman and shaman, poetess, healer, mother, and New Age intellectual (which is not an oxymoron).

Brenda Morgan

You lay down on the couch, trying to sink into an afternoon nap. The pillow is moved around, adjusted so your head and body rest comfortably together. Stirring during your nap, you roll over and again adjust your pillow and thus your head and body. Such a simple gesture. *You move to be in a more harmonious, peaceful and restful space, experimenting, through trial and error, to do so.* Within Nature and all sentient beings, it is a given that we will move, however incrementally, experimenting with trial and error, towards *balance*. It is deep in the physics of Nature: find a balanced, more relaxed space or state. The river plunges through the hillside creating a smoother channel; the earth shakes to balance heavy pressures on its "bones" and, in simple terms, we adjust to rest on a couch. And so this gesture of responding to our inner and outer spaces allows us to *adapt to change*, another given in our world. Throughout all time, alignment to higher states of balance, harmony and peace is written into the very fabric of our beings and the earth itself.

Humankind is on the brink of activating this basic law or premise within his/her spiritual nature. The creative genius of the Universe which allowed the brilliance and development of bodies and minds to evolve and express, moving towards the missing germinal piece for humankind: spiritual unfoldment. This is true unity for all: for us, other sentient beings and the planet itself who require, in varying degrees, our help to evolve. Yes, there are blunders, falls, mistakes, etc., as with any young child or being learning to walk. And miraculously, walking is learned! But it is also learned before running and moving in a variety of ways, shapes and forms. And this is the phase in which we find ourselves: can we truly criticize a three-year-old for not knowing how to read and write at a high school level when s/he is learning the language itself?!

> "At no other time in the history of this planet have so many people, on an individual basis, felt moments of the Whole, the Divine, the Matrix of Existence, the Radiance of Spirit."

Our perspective about existence needs to broaden and our vision corrected to see the thousands of years in which steady and relentless changes and adjustments have been made. Just because we can move our physical bodies in a multitude of ways does not guarantee that we would automatically be able to open to the Feeling of the Universe Itself and the healing that that would imply for the planet on all levels. Time, the help of God, and attention upon the desire to grow beyond the separate sense of self and its "needs" must accumulate in the general psyches of the world. And it will, as evolution has reflected in the past.

At no other time in the history of this planet have so many people, on an individual basis, felt moments of the Whole, the Divine, the Matrix of Existence, the Radiance of Spirit. Homeostasis of the spiritual aspect of existence will unfold, just as relentlessly as the river plunges through the land, the earth adjusts its layers, and you adjust for a nap! The trials and errors of the body mind, the wondrous experiment to allow these pieces to evolve is now triggering, however uncomfortably or comfortably it may feel, the final piece which will balance out excesses in the rest: spiritual unfoldment. *It could not have occurred before;* it needed to be activated by the development of our bodies and minds to a point where we could take the next step. We will open; we will heal; peace and harmony will reign, not through the dominance of any one group or order, but through the natural and simple Divine unfoldment of existence Itself: ***you.***

Welcome to the new millennium!

Brenda Morgan works as a spiritual catalyst and mentor. In years gone by, she worked in the field of rehabilitation psychology, as a counselor and educator.

Geri Larkin

Anything that creates a focus on the passing of time is useful from a spiritual perspective. The shift in millenniums is a reminder that we each continue to move unfailingly toward our own deaths so it's probably a good idea to clean up and fly right.

Geri Larkin (pictured above) is an ordained Zen minister, and the author of five books, including Building a Business the Buddhist Way *and the forthcoming* Tap Dancing in Zen.

Laszlo Slomovits

On the one hand, of course, we could say it's just the :west in a series of numbers we use to measure time; every oment is filled with infinite possibilities, so we don't need to ait for "significant" dates, they're all the same. On the other ınd, in our physical and temporal world, things begin and ıd, there are high and low points, and some things seem to atter more than others. And I do believe there is an energy aiting to be released in each of these thresholds when we oss over from one type of reality to another. When we align ırselves with the energy of a turning point we have available us the power of transformation that is inherent in that oment. So, for me, the coming of this New Millenium is ɔtentially a very significant time. And yet, perhaps because it :ems such a "big" event, it is also a reminder that change is ɔssible in any moment. Now is always the best time.

ew Year's Eve

's not just tonight. Every
ight a new year begins

omorrow. If we don't have
ıe right to ask, right

ow, for the highest
ıat we want, who does?

Vhat if we were to set free
ur deepest purpose, our cause

or being, our most heartfelt goal,
ike a constant current coursing

hrough our lives? What if we
vere to stand with a tray

n our hands ready to catch sight
ıf a gleam? What if with each

hought, word and act we allowed
he power of our intention, for all

omorrows, to dip into all that once
vas, and is now? What if, again

ınd again, we poured ourselves this
resh moment in which to find gold?

Laszlo Slomovits and his brother are better known as the musical duo, Gemini. He's also a long-time member of the Siddha Yoga community.

> "Perhaps if we could become still, could meditate on this 'millennial moment' as though meditating on a candle…"
> - Betsy Adams

Rev. Matthew Lawrence

I've been savoring the crazy apocalyptic predictions with this millennium, and I'm struck by the way in which the American apocalyptic vision contrasts with the good old Biblical one.

Used to be, a good apocalypse involved a righteous God that would kick the bad guys' butts and establish justice for us little people. Now, it's all about our own butts getting kicked. Food shortages (Oh no! We might have to share!); computer breakdowns (How will we live?); stock-market crashes (You mean I can't be rich forever?!); global warming (My God! We might have to cut back on fossil fuels!) are all the visions of a guilty culture desperately clinging to addictions it knows cannot be sustained.

I think maybe this means WE are the bad guys. Certainly, campesinos in Nicaragua will receive the news of our catastrophes with a Biblical sense of vindication. They will write new psalms celebrating our downfall, which will be cherished through the centuries as evidence of the existence of a just God.

Someone once said that the only repentant nation is a defeated nation. Perhaps that is the lesson we are preparing to teach ourselves. Meanwhile, we will continue to fire up the SUVs, stock our ammo supply, and prepare for a doom of our own creating.

As for me and my house, I'm trying to see the world more from the campesino's perspective. The future looks a lot rosier that way...

Rev. Matthew Lawrence is the Chaplain of Canterbury House and the Director of the Institute for Public Theology.

> "…begin with yourself by being mindful of your thoughts, feelings, words and actions. Instead of hate, let there be love, instead of war, let there be peace."
> - Chetana Cathy Florida

Abbie Stahlin

The turning of the millennium has no real meaning. It's a page in our book. However, the Y2K bug brings me these thoughts:

Aren't we silly? We think that we are the chosen species, dominant, somehow above the restraints of God and Nature, but look at us now. We decided we could handle it — take off the training wheels, Dad, I can do this! Remember when you were sixteen and you crashed your sister's Austin-Healy, because you were going faster than that car was made to go, but you were an immortal teenager and death never entered your head, much less having to explain how you took her car without asking? Mom told you not to climb so high in the tree, but it looked so enticing — you might be able to see for miles! — and the first time you didn't listen, you fell out of the tree and broke your arm. It's always been bigger than you, whether you understood that or not.

We thought we understood technology, and everyone jumped on the bandwagon, adding and creating more and newer and more interesting ways to use technology. We depend on it for so much these days. We, as a species, created machines to "help" us. Now the machines run us. Self-imposed disaster. Of course, we still think we're in command.

Put the training wheels back on. Listen to your mother. She made those rules for a reason. The inexperienced viewpoint of a child makes one think he or she can handle just about anything. Makes you wonder what else we think we're handling just fine… The turning of the millennium makes me certain that we are not in charge, for the world would have certainly fallen apart by now if humans ran things. Look at us now. Silly, egocentric, overconfident, reckless humanity. Lucky we're not in charge.

Abbie Stahlin asked that her tag line note simply that she is a "daughter".

Betsy Adams

By nature, when I'm not anxiety-anticipating, time is not for me. Never really has been — much to the frustration of my friends and co-workers.

The worst "times" I've ever had were in school when the bell rang, and suddenly we were all supposed to regimentally jump to it and start something ELSE! Well, I never could. The whole day tended to be in a haze.

As for the millennium itself — it seems more something to grab on to, as so much has happened, so much "time" has gone by . . . I do not relate to it, per se, as a concept.

Every day for me, every moment for me IS the millennium, in the sense that there are pressures on me to evolve. To evolve! I.E., to keep moving, to rewire my brain and higher frequency systems, to become aware of what is really motivating me — to intuit what my real intentions are.

Yes, the pressure is on — Earth is changing, and hence we, too, are changing. The intensity and the rate of change is increasing. This has been going on a while. The millennium, like a point on a line, helps us to focus in on these changes. "All eyes this direction, please," sort of thing.

Perhaps if we could become still, could meditate on this "millennium moment" as though meditating on a candle. . . Invest each moment of our lives with such energy!

Think how life might change on this planet!

Betsy Adams has spent more thatn 25 years working with wildlife and companion animals. She also works with energy healing.

Photo by Linda Lawson

Barbara Boyk

As is often the case for me, what I find interesting about things is what impact they can have on individuals' perspectives on the meaning of their own lives, and how they can be used as an impetus for constructive shifts in the way we experience our lives.

So, for me, the passing of the millennium brings a couple of ideas to mind. The first is about time and how we relate to time in our lives. Many of us treat time as an opponent. This shows up in phrases like, "I'm pressed for time," "I don't have any time," "time is running out," "my time is over-booked," "I have a *dead*line," each of which reflects our feeling tyrannized by time. What I note most in these phrases is the personification of time as an entity which determines things for us, as though time had a viewpoint or was itself a motivated actor in our lives. What a misdirection of our consciousness from the truth: time is all we've got, it's a gift. Where would we be without time? Time is a medium which affords us a venue for being; through time we get to have our lives.

It is not easy to escape this cultural and generational defamation of time. To sketch out one example, our so-called *dead*lines could be more accurately seen as our *living*-lines: the setting of boundaries with schedules supports the meeting of goals allowing us to track the way things are moving forward. Regular spiritual practices and ceremonial honoring of the cycles of the seasons help me restore an inner experience of time as a sacred gift. I often direct my prayers toward increasing my permission for time to be my ally. These shifts in my consciousness bring me a greater appreciation of the time I have to live and give me more sensitivity in making decisions about what I want to do while I'm here.

What's interesting to me about the millennium is the way it is drawing our attention to time and its passage. To be alive when the calendar shifts from 1999 to 2000 is to be present for a change that will always be a historical marker of something. For those of us who are present now, its meaning will emerge as we use or ignore the opportunity to engage in the creation of our selves, our communities and the matters which concern us in more beneficial and healing ways.

Time is not running out, moving more quickly, or forcing us to do anything; time is quietly and continually offering us an invitation to engage in life, to do and to be, to express our selves as we deem appropriate and necessary.

I hope these reflections are of value in your pursuit of local perspectives on the millennium. It was fun for me to think about it; thanks for asking.

Barbara Boyk (pictured at left) is a psychotherapist. She has become known for creating and leading celebrations and rituals, particularly Jewish ones.

Chetana Cathy Florida

In the ushering in of the year 2000 my greatest desire is that all people would live in love and peace by focusing on how we are all alike in needing love and respect, understanding and forgiveness, rather than focusing on how different we may be in our personal beliefs. By focusing on the differences it is so easy to fall into judgments and lose understanding, leaving no room for acceptance of those who are different from ourselves. Violence begins when we lose respect for each other. Love gives respect and reverence for all life.

Change, individual as well as global, begins with a single thought. That single thought gets magnetized with all the thoughts that are the same. The thoughts gather energy and then manifest. Do not fall into the "mental trap" of feeling helpless about "How can I Change the world?" You can begin with yourself by being mindful of your thoughts, feelings, words and actions. Instead of hate, let there be love, instead of war, let there be peace. Take time daily to think about a world that is caring and understanding, with Ahimsa (non-violence) and love and peace for all. Let your thoughts go forth and manifest with those who have the same thoughts in the year 2000, and beyond.

Chetana Cathy Florida leads a spiritual community in Whitmore Lake called the Lighthouse Center. She has introduced the practice of meditation to a legion of seekers over the last 25 years, which is no small achievement.

Nina Howard

I feel an energy shift, a frequency or vibrational shift. Everything is speeding up. The human body is like a pressure cooker and technology is moving faster than we can keep up, putting more and more pressure on us to cope with this information, the emotions. When I watch the news, television, or movies, I see heightened contrasts in the duality of life, the light getting lighter and the dark getting darker. I offer thoughts on handling the changes in the passing of the millennium:

> "Hold a high vision and an open heart and the vibrational shift of the next century will be a highway of laughter instead of a trail of tears."

Physically, the molecular structure, the DNA, has to change to handle the higher frequencies of this new time. Enhancing the physical structure with movement, breath work and bodywork will allow for the freeing of old energy from within. Drinking copious amounts of water can help us to eliminate the unused waste particle floating in our body, known as toxins, that could otherwise make us ill if they are not released.

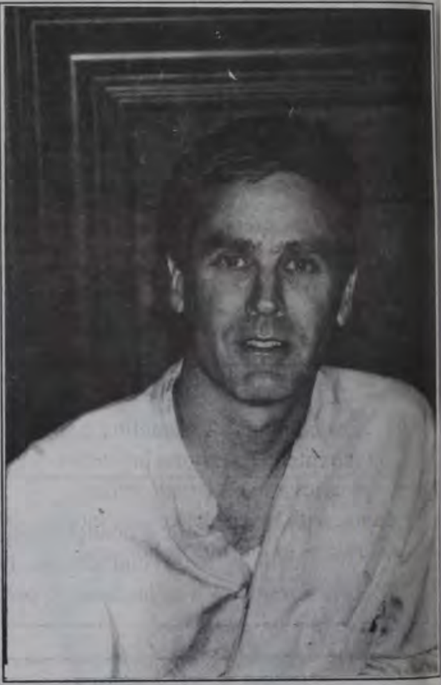
Spiritually, many thoughts come to my mind. First, find your center. Find it by looking for it in all that you do. Stay connected to yourself and stay conscious. When the tendency comes to distract yourself from yourself, go within. Ask over and over, "Who am I?" You will begin to remember. Embrace a goal that is beyond the wheel of life, so that you may begin to move with the planet from third dimension to fourth. By expanding our consciousness, we can shift our vibration and prepare for our own ascension.

Emotionally, intellectually, we must clear past hurts and accept the value of life's experiences we have created for ourselves. We must clean up our thoughts and put conscious thought towards eliminating negativity until one day our being is a clear vessel of light. Many people will lay down their bodies, unable to cope in the new millennium, as the intensities prevail and as Mother Earth continues to do her earth change dance.

The veil of illusion will continue to be lifted, so in the ensuing months and years ahead, we begin to see who we really are and the wholeness and interconnectedness of the universe and all life in it. Our intuitions will become more heightened, and "knowing" will be second nature.

I once had a teacher who said, "In the middle of a hurricane is not the time to learn to sail a boat." We are given choices each and every moment. Begin now to prepare for a time of unprecedented change. Holding on to the past or to anything outside of yourself will only cause you pain. Live your life with thoughts of high expectations and where your thoughts go, you will go. Hold a high vision and an open heart and the vibrational shift of the next century will be a highway of laughter instead of a trail of tears.

Nina Howard, who owns the Bellanina Day Spa, has a wide-ranging background in the healing arts, art and interior design.



Brian O'Donnell

Inherently I don't see much meaning in the passing of the millennium, as it is an artificial structure imposed on human experience. Yet I do believe that there is force in the mass beliefs of those who do ascribe meaning in this passage. Depending on the strength of these forces, (i.e. archetypal fear of chaos in Y2K computer breakdown), it may have an effect on our everyday experience.

I do sense we are in an evolution of consciousness that is accelerating. I don't think that this is tied to an outer calendar, but is a reflection of work on the inner sphere.

The result of this evolution will be a simultaneous breaking down of what is false with the resulting crisis and collapse, while what rests on truth and love will increase the radiance and coherence of the collective.

Brian O'Donnell is a psychotherapist, a long-time member of the Pathwork spiritual community, and a highly competitive athlete.

Tom Thomas

My perspective has changed since junior high chool in the late '50s when some of us looked ahead to he impossibly far-off year 2000 and figured out our orresponding age. Even then, some 42 years ago, we vere looking forward to this big event. And, now, gasp, t's here!

As a self-described futurist, I'd like to offer a ew thoughts and insights about this upcoming millennium and how business, culture and spirituality might be ffected.

On the mundane level, I fully expect to be watching the football bowl games on January 1, 2000 as lways and not seeing planes fall out of the sky or uclear core rods glowing white hot in a thermal runaway. Mushrooms only on pizzas, not as clouds.

The new millennium represents, for America, in particular, the opportunity to reframe how we see ourselves both as individuals and as a country. By 2020, America will have gone through a period of cleansing and a shifting of how it views itself. It will see itself much more deeply and creatively. One of the hallmarks of the upcoming millennium will be creativity; not just to make something new but to truly expand us in joy. New ways of doing business or moving information will enhance our lives rather than adding to the present consumerism thinking.

In other words, the culture of America will go through a deep and, in many cases, transforming self-image. It will see itself more holistically. We will be given the freedom, the cultural permission, to become more alive as whole persons. This means socially, business-wise, financially, spiritually and as health-beings. This will come about not as a national testing. Some of us will get this fairly quickly. In general, though, the country will have to be brought up against its own imposed psychological barriers and see them for what they are. Be redefining ourselves, these barriers can be eliminated. Testing will occur through severe straining of financial institutions, markets and the economy with the possibility of a moderate, not major, war. There may be one or two health plagues. Again, all these are factors in showing us where our current consciousness has run up against a brick wall. Our attitudes will be insufficient and won't support us.

These testings are not designed by God to punish us, but rather, merely as teaching devices. We will not go through a life or death crisis for the next five to ten years. After then, it will depend on how easily we understand and apply the lessons.

This being said, let us face the new millennium with optimism, maturity and a real desire to bring through aliveness, wholeness and prosperity in all parts of our lives.

God bless us all!

Tom Thomas, man for all seasons, is a futurist and house painter.

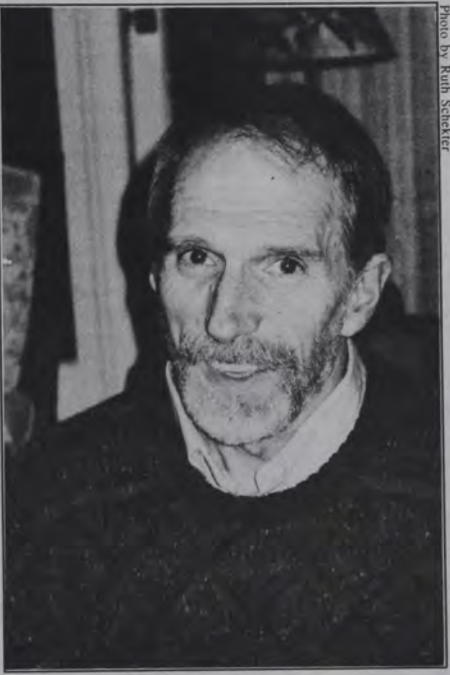


Photo by Ruth Schekter

Ray O. Golden

Looking back over the last 20 or 30 years I see a subtle infiltration of metaphysical and, more importantly, spiritual awareness into our lives. I have observed this in the various forms of entertainment and the mass media including publications, movies, and television. This has been accelerating to the point where whole movies or television programs or series may have metaphysical or spiritual themes. And they are not only accepted, they are often popular. I feel this is particularly important because it is helping change mass awareness and attitudes toward what was at one time at best considered unusual. This helps create an openness for even deeper changes and shifts. This openness is showing up in areas of healing and health-care also. Surveys show that alternative forms of healing are used now by a significant percentage of the population. The government is funding studies of alternative healing. The traditionally conservative University of Michigan medical school has established a department to study alternative medicine. And at this time it has studies going on in the areas of Reiki, Chi Gong, and herbal healing. 20 or 30 years ago this would have all been unthinkable. The students coming to my classes are increasingly more open and more gifted than in the past. This is all accelerating, perhaps exponentially, though being in the middle of this it's hard to have a clear perspective on the rate.

> "…the cell phone, TV satellite dishes and the Internet are breaking down boundaries and divisions on the planet, with less isolation and more awareness of our fellow humans."

As reluctant as I am to admit it (I'm a recovering engineer with a Masters in engineering), technology is involved in this also and innovations such as the cell phone, TV satellite dishes and the Internet are breaking down boundaries and divisions on the planet, with less isolation and more awareness of our fellow humans. This is perhaps a technological manifestation of everything becoming part of the whole.

What will the entrance into the new millennium bring? This is all a process, and I would expect the continued acceleration we've been experiencing. I'm not sure anything magical will occur on midnight of December 31st. This is only a new millennium for this calendar and this culture, and even at that moment for this time zone, and doesn't necessarily apply throughout the world. I do think this process will continue to accelerate on a worldwide basis. However, possible computer glitches and resultant chaos occurring because of the calendar shift into the new millennium on the 31st could create the potential for deeper or more accelerated movement, openness and awareness.

Ray O. Golden is a former computer engineer who now keeps busy as a Reiki Master, psychic and animal healer.

Doug Shapiro

As a child I had a book about Haley's Comet and was delighted with the knowledge that I would live to see the comet's return. As it turned out, it was pretty much a dud; Haley's comet was largely invisible for the entire two or three weeks that it was supposed to be blazing across the sky.

In 1966, I read Orwell's 1984 and was young enough to excitedly fear that the passage of eighteen years might make that book a reality. Fortunately, however, 1984 turned out to be just a year like any other although in a faint echo of Orwell, it did bring us the re-election of Ronald Reagan.

> "…the turn of the century seems to be an inviting time to reflect on the differences and similarities in the lives that our grandparents lived one hundred years ago, and the lives that our children live today."

It also seems unlikely that we will launch a manned mission to Jupiter in 2001 which I have been counting on ever since seeing Kubrick's movie in 1967.

Having been disappointed about each of these long-awaited events, I hesitate to admit that I was also excited as a child about witnessing the turn of the century. Even now, the turn of the century seems to be an inviting time to reflect on the differences and similarities in the lives that our grandparents lived one hundred years ago, and the lives we and our children live today. This may, of course, be more a function of my middle-aged perspective than the actual arrival of a new century. Nevertheless, despite having been burned before, I am willing to get just a bit excited and look forward to wishing my friends and family a "happy new century."

On the other hand, the turn of the millennium never really dawned on me as a child — after all, one hundred years seemed like forever back then — and I am far too old to start getting excited about it now. There is only so much disappointment one can stand.

Doug Shapiro, attorney, is the lucky father of two red-haired boys.

> "The shift in millenniums is a reminder that we each continue to move unfailingly toward our own deaths so it's probably a good idea to clean up and fly right."
>
> - Geri Larkin

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The Crazy Wisdom Calendar is distributed free all over town! If you would like to have 25 to 50 copies of The Calendar dropped off at your office or center, please let us know. Below is a list of places we drop off copies of The Calendar when it's fresh from the printers. Since The Calendar covers a four month period, we also make an effort to replenish the supply at certain of these places, particularly at Whole Foods, the Co-op, the Gypsy Café, Castle Remedies, Café Zola, Kerrytown Market, Nicola's Books and Webster's Books. Copies of the current issue of The Calendar are also always available at Crazy Wisdom Bookstore and Tea Room for the first 2 months covered by each issue. After that, they're gone.

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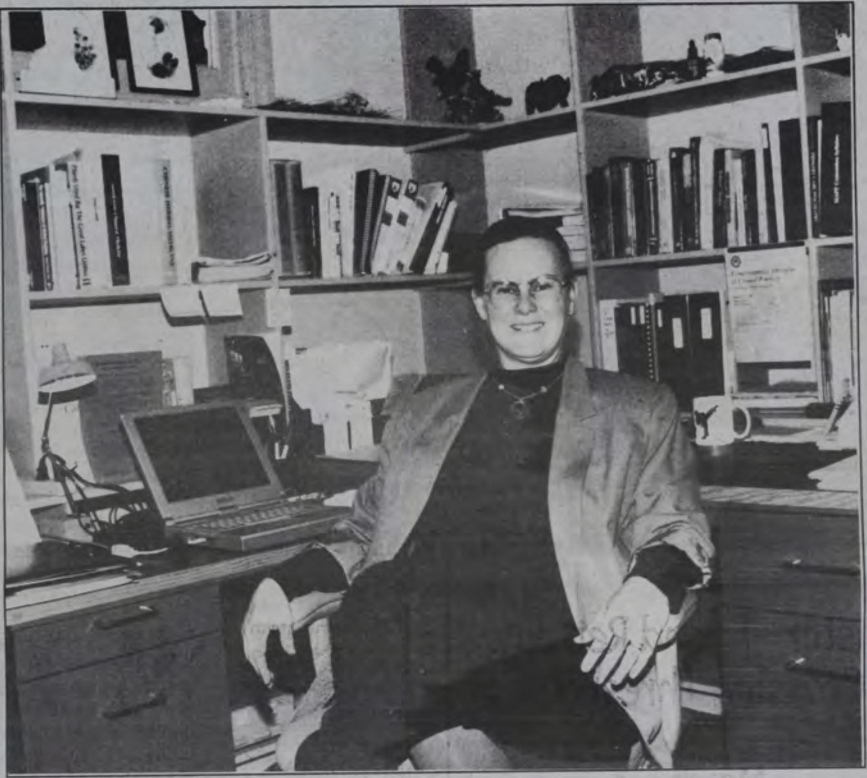
~Bringing Alternative Medicine into the Mainstream~

The Crazy Wisdom Interview with Dr. Sara Warber of the U-M Complementary and Alternative Medicine Research Center



Photography by
Linda Lawson

There are three old houses side by side on East Huron Street in Ann Arbor, near the corner of State. They look like they were built as residences with wonderful porches and ornamental trim work. Today these buildings are occupied by two different organizations that have no current connection, but do have some common history that links them to Crazy Wisdom Bookstore.

The University of Michigan Complementary and Alternative Medicine Research Center rents most of the space at 715-717 East Huron. The building next door is now called Canterbury House and is the Episcopal campus ministry.

In 1976, Canterbury House (then located in a different building on North Division Street) began sponsoring lectures on healing alternatives to conventional Western medicine. Each week a different practitioner would talk about healing modalities that ranged from polarity therapy and homeopathy to prayer healing and traditional herbs.

Eventually, those Canterbury gatherings grew into the Ann Arbor Holistic Health Council whose purpose was to educate the community about the work of local alternative healers. Canterbury House, and then the Council, printed a guide to Health and Healing Resources in Ann Arbor. For the last ten years, Crazy Wisdom has updated and published that Resources List, and the latest edition appears in this Crazy Wisdom Calendar issue.

In 1997, a group of people interested in research on complementary and alternative medicine formed at the U of M Medical Center to apply for a grant from the National Institute of Health. That grant application said Ann Arbor would be an especially good place to fund such research because of the thriving community of alternative health practitioners here.

Sara Warber and her colleagues got that grant. In this interview, Sara describes their current work and her own role. We talked one recent afternoon in my office, which overlooks those three houses on East Huron Street and the convergence they represent.

Jonathan Ellis: Sara, what do you like most about being a physician?
Sara Warber: The simple answer is delivering babies. I love to touch and hold and catch those little ones and be part of that bringing a new life into the world and be part of the family, or a helper to the family. It's equally profound to birth somebody into the afterlife, but it's a different process, and we don't see it as a joyous one, but maybe it is. There again, you're very instrumental to the family. You're more important to the family than you are to the individual that you're actually caring for at the time in a way.
Jonathan Ellis: Have you always wanted to be a physician?
Sara Warber: No. I mostly wanted to be a cowgirl.
Jonathan Ellis: Do you mean on a ranch?
Sara Warber: That was just the first dream. (Both laugh.) Then I wanted to be a marine biologist, and then I wanted to be a famous costumer.
Jonathan Ellis: When you say "costumer," what do you mean?
Sara Warber: In the theater. Then somewhere in my thirties, it began to dawn on me that I could become a doctor, and that I had the requisite intelligence and perseverance to do it.
Jonathan Ellis: How old were you, then, when you started medical school?
Sara Warber: I was thirty-six.
Jonathan Ellis: I'm not quite sure how many years the process takes, but when did you start practicing as a physician?
Sara Warber: I graduated from medical school in 1993, so it took me six years to get through medical school, which normally takes four years.
JE: Were there some other things you were doing that made it take six years?
Sara Warber: At Michigan State, you could decelerate — this is a great concept, deceleration.
JE: Also known as slowing down. Revolutionary concept. (Both laugh.)
Sara Warber: One that we could use in lots of places in our society. So you could decelerate, and they had that designed because they had a lot of older students who had other life commitments. I ended up taking a year off because I adopted a child from Peru during that time, and so I took a year off to be with him his first year of life. So if I graduated in 1993, I was what?
JE: Forty-two?
Sara Warber: Forty-two. And started into my internship and residency. Even though you're still training, you're starting to practice. As a physician, you're starting to build a practice. There were patients I began to see in 1993 as an intern, and I still see them.
JE: What is your clinical practice like now?
Sara Warber: I'm a family physician at Chelsea Family Practice. I see a lot of older women. I think that they might predominate in my practice. I also see a fair number of younger women, either for their routine things or for pregnancy care. I have a little side part to my practice at the Corner Clinic in Ypsilanti, and there I see teenage mothers predominately; that's also a wonderful part of things. I see a few men, a few kids, a lot of women.
JE: We read that some of the medical and psychological problems of older women are not recognized — of older folks, generally, but perhaps in a particular way in women. They are sometimes told by their doctors, "You are just getting old; you should expect these aches and pains." Or their depression might not be diagnosed and things like that. What's your observation?
Sara Warber: I think that they have enormous held-in thoughts and feelings, and that contributes to their manifestations of illness.
JE: How do you as a physician work through that?
Sara Warber: I just say, "Hi. How are you? How can I help you?" and they just tell me.
JE: Do you think that they would just tell anyone who really asked them, or is there something about the context or the atmosphere you try to create that makes it more easy for your patients to talk with you?
Sara Warber: You know, I've often wondered about that, because I know that it doesn't happen to all my colleagues. I think it happens more to women physicians, and certain of the men physicians that I know. But part of it is that I sit down, I'm relaxed, I really

look at them, I really am with them, and maybe it's my voice, and they feel like they can trust me. And they do — they trust me with all of this stuff that's been inside of them that they haven't told anyone.

JE: How do you find time to sit down and relax with your patients, given the pace of a modern medical clinic?

Sara Warber: You've put your finger on the tension in my life because you get a half an hour for a new patient, fifteen minutes for a return visit, in the system. That's the way the system's set up. You have a little time on that new patient, and that's usually when people are sort of *in extremis*. I mean, they finally come to the physician because something is out of whack. So you have a little more time with new patients.

But constantly, my schedule is a mess and I spend the latter part of my half-days apologizing to everybody. People who know me and who are my patients, they actually know that I recommend they bring a book. And they know that when they need me to take time with them, that they'll get it. They know that sometimes that means they give some time because someone else needs them to do that. It's not ideal for everybody. It's not an ideal way to practice, but it's the best I can do given the system and my own need to try to meet people's needs.

JE: What does it mean to you to be a healer?

Sara Warber: For me, to be a healer means that I'm addressing my patients in their entirety. Not just their physical ailment, but I'm addressing their mind, their spirit and their heart. And that I'm doing something that tries to bring those into balance.

JE: Have you noticed a change over time in how you think about healing, now that you've been working with patients for some number of years?

Sara Warber: I think when I started I saw myself more as a technician, almost. That, OK, there is some process here, I need to learn how to do it, and then once I learn how to do it, I'll just do it. And it's easy — you learn to prescribe drugs, or you learn to do procedures that are manipulative, when you're using your hands. It's easy to view it that way: this is all a protocol — it's all kind of a cookbook. When you first start, that's what you're doing. You follow the directions.

As you become engaged in the process of doing this, you realize that there's something happening in this room between you and the patient that is in many ways more important than anything that you do with your stethoscope, or with your pen when you write a prescription. And it was, I think, becoming aware of that "something" that started to change the practice of medicine for me, and to make it really rich and really rewarding.

JE: What is it that you're doing, other than what you do with your stethoscope or with your pen?

Sara Warber: [Laughing] I don't know! That's what I want to find out. I want to find out what that is, and how to teach it.

JE: What's hardest about being a physician, in terms of your clinical practice. We spoke a bit about the tension of time and attention. What about just having to give people bad news when you have a serious diagnosis?

Sara Warber: Those things are hard, but that's just part of the territory, and you just learn how to do that. I just work from my heart and my knowledge base, and so you put your mind and your heart together and you just do this. It takes a lot of focus to do that, I think. That may be the hard part, the focus.

It's hard for me when I feel like I have to make a decision really fast. I like to think things through. Or when I am so overwhelmed with a patient's many, many problems, and I'm trying to work it into a picture that I can understand, and I'm feeling the pressure of the time, and I'm not getting the picture; it's not falling into place.

I've learned that sometimes I have to get up and walk out of the room in order to let the intuitive part, maybe, or the computer part that works without you knowing exactly how it works, put the puzzle pieces together, and come up with a plan. It seems to me that it's a little bit outrageous that we think you can tell a doctor everything in ten minutes and then, in five minutes, they're going to give you back an answer, when it took a lifetime for the patient to get to this point of illness.

It seems like you should be able to say, "OK, I hear everything what you've said, and I'd like you to come back tomorrow, and I'll tell you what I think."

JE: What do you like to do outside of work — outside of all your professional roles?

Sara Warber: Stare off into space. (Both laugh.)

JE: Are there particular things you like to stare at?

Sara Warber: Yes, nature. I just like to be out in the wilderness. That is really healing for me, and re-balancing for me, to be where I can see trees and sky and water, and just hang around and be in it. Or do something. Go for a walk. Get the children to go for a walk too. I love it when they do that.

> I've learned that sometimes I have to get up and walk out of the room in order to let the intuitive part, maybe, or the computer part that works without you knowing exactly how it works, put the puzzle pieces together, and come up with a plan. It seems to me that it's a little bit outrageous that we think you can tell a doctor everything in ten minutes and then, in five minutes, they're going to give you back an answer, when it took a lifetime for the patient to get to this point of illness.

JE: You talked about being in medical school in a program that allowed you to decelerate. How do you keep a pace in your current life that feels healthy to you?

Sara Warber: I think that's something I'm really learning right now: what is a pace I can handle, and what is a pace I can't handle? I take some time each day for myself, first thing in the morning. I tend to that very religiously, if you want to use that word. I have my own meditative practice that I do every morning. I get up and I do that before anyone in the household is awake, and I really love that time. It keeps me sane.

> I love to touch and hold and catch those little ones and be part of that bringing a new life into the world and be part of the family, or a helper to the family. It's equally profound to birth somebody into the afterlife, but it's a different process, and we don't see it as a joyous one, but maybe it is.

The other thing that I do is I'm constantly tuning in to the trees or the birds or whatever is natural, or part of nature that's around me. I'm constantly drawing strength from that and feeling like things are good and whole and I'm OK.

JE: I know that you play several professional roles, as a family practitioner, as a faculty member at the U of M Medical School, as the co-director of the Complementary and Alternative Medicine (CAM) Research Center. Can you describe these roles and how they fit together for you?

Sara Warber: I never think of them as different. It's just who I am. I just look at the schedule that morning and go where I'm supposed to go.

If I'm at the clinic, then I'm doing this clinic interaction. If I'm at the hospital, I'm doing that kind of interaction, maybe with a family in a newborn situation. If I'm working as the co-director of the CAM Research Center, again, I'm interacting with people. It's still those relationships that are just part of my work, whether it's somebody I'm supervising, or it's somebody I'm meeting for the first time, or somebody I'm trying to negotiate something with — to me, it's all the same set of skills.

JE: Is it all healing?

Sara Warber: [Pause.] I'd like it to be.

JE: Is the goal the same in all those settings?

Sara Warber: I don't think so, because I think in the clinical setting, a lot of times, the goal is for me to hear what that person is saying, and it is less for me to say something. I tend to emphasize hearing what they have to say.

In the research world, or the medical center world, or the educational world, I am putting myself out there as somebody who has something to say. There I have to think clearly and carefully and put together a logical explanation, and try to lead people from their present state of knowledge to a new state of knowledge. In some respects, that is similar to some part of what you do with a patient, if you want to help them change behavior or something like that.

I spend most of my professional time administering the U of M CAM Research Center and doing educational things about complementary and alternative medicine, and managing or performing my own search. Only a small part of my time is spent now clinical practice with patients.

E: What is your own research about now? What ırts of the CAM Center's projects are you most volved with?

ara Warber: I'm really interested in the herbal inical trial that we're going to mount very soon here. ve always had a strong interest in herbs and underanding how they work, or why they work. That's a al biochemical kind of a thing that's kind of fun. I ink the whole issue of herbs and their safety for atients right now, and the variability in the market place, is really something that has to be addressed.

The Complementary and Alternative Medicine Research Center - On a Mission. (From Left to Right) Andrew Heyman, an administrator; Elena Gillespie, Reiki Master and leader of one of the research projects; Dr. Sara Warber, who is Co-Director of CAMRC; Irwin Goldstein, Ph.D., a Professor of Biological Chemistry and one of CAMRC's founders; Katy Mattingly, Secretary.

The other thing that's really fascinating that we're studying at the center is energy transfer — biofield energy transfer, or energy healing. One of the questions I've had about it is: are the many names for energy transfer, or energy healing, really all referring to the same thing, although we talk about them in different ways?

So we have a qualitative study in progress that looks at that particular issue. We're preparing to do another study where we're going to interview complementary and alternative practitioners about what kinds of things they use for heart disease, or for hypertension, or for congestive heart failure, and I'm looking forward to that. I like that kind of interviewing work as a research process as well.

JE: You've studied herbalism and spiritual healing with a Native American healer. Can you tell us about that?

Sara Warber: Well, quite by chance, if you believe in chance, I met a woman from northern Michigan who herself had been trained from the time she was a child in the use of herbs, and I was eager to learn from her, as were many, many others.

Over the years, I eventually have learned quite a bit. She has recently passed over, and I think I'm probably more aware right now of what I don't know, what I was not able to learn. But I did learn a lot about gathering plants, doing that in a respectful way, knowing what parts to use, knowing how to take care of them, knowing how to be sure that the plants are ongoing — that I wouldn't be taking too much.

I think that's led me to take a broader view of the whole herbal question, from that perspective of our interaction with a plant. It's another relationship. A lot of people don't think about a relationship with the plant, or that you need to have a relationship with the plant in order for the plant to heal you, to give its energy and its form for your healing. I wonder, when we go buy a bottle of herbal stuff, how different is that from just going and buying aspirin. It can be different, if you view it differently. And that's part of something that I've been taught is important — to view it differently.

JE: How else did your exposure to Native American spirituality influence how you think about healing?

Sara Warber: My teacher emphasized knowing the person in all of their parts, not seeing them as just as a body, but knowing that you had to do healing in all realms. That included even their relationship with their family, their community, their surroundings, their whole environment — all of that needed to be brought into balance in the healing process.

We have the bio-psycho-social model in Western medicine that goes almost all the way there. That model does talk about the family, and how it impacts on healing, maybe a little bit the community, although it's mostly just kind of something to say, and nobody really thinks about it or does anything about it real strongly.

But then to extend it into our environment, and to say that we have to somehow be in some right relationship with our environment in order to be truly healed and whole: that I now carry around in me, and I think about that. But I haven't figured out fully how to use that in my practice.

JE: Any clues?

Sara Warber: When I give a talk about herbs, I have this disclaimer at the beginning. I say, "You need to know about my biases," and I put up a picture of me in the woods, and I say, "My bias is that I believe that this is my natural environment, and I believe it's yours, too." Then at the end of my talk, the last slide is always of a water and woods and sky scene, and I say, "Now I'm going to return you back into your natural environment."

So I put those things out there, and I keep hoping that somebody gets it. Every once in a while, somebody does, or a patient will even say something to me that makes me realize they've somehow picked that up from being around me.

JE: It's hard to imagine a less natural environment than a large medical center. (Both laugh.) I'm wondering what it's like for you to be practicing in that kind of place?

Sara Warber: It's where I'm meant to be.

JE: Why is that? What are you doing in the unnatural world?

Sara Warber: [Long pause.] I'm there to help with change, to help that world become what our patients want it to be. They want it to be humane, and they want it to be connected to the rest of their lives. They may not know that they want it to be a natural place, or to somehow not have such straight walls or something — they probably don't know that. Some of them probably do. I would like for it to be that way.

JE: I know you also have an interest in studying the therapeutic relationship in the medical setting. Something occurred to me as you were describing your interest in the natural world, and in seeing people's condition in the context of their overall environment.

These days, a physician is very isolated. In a traditional community, a person who might be in the role of the healer would be very involved in the life of the community and know, in a variety of ways, the people that would come to her or him with a particular condition. But in our specialized world, chances are we'll never see our doctor anywhere outside of a medical office, period, not even in the supermarket these days because we're even more spread out than that now. How do you think we can work with that situation?

Sara Warber: I agree that makes it very difficult. It means that then you have to ask about those things, and that clearly takes time out of the other questions you have to ask in order to try to find out what's wrong with their body. But if you don't ask those questions, I believe that you can find out what's wrong with their body and you can fix it, and they may still not be well.

JE: What then would improve the therapeutic relationship in a medical setting?

Sara Warber: I know my patients tell me that they value coming to me because I listen to them. So, to me, that's a big piece of it. But I think there's something else that's happening about this healing relationship where it's a two-way street, where it's going back and forth between the healer and the healee. We haven't really explored that part of it — the two-way street part of it.

I think we have seen that in a doctor-patient relationship, even in using the terms "doctor" and "patient" we use two very unequal terms. The "doctor" has sort of a social position, is an authority, and the "patient" is somebody who is actually regarded as less than normal because they're sick, and so there's an inequality just in our terminology. So when we talk like that as our paradigm for a relationship, it's already a relationship that is skewed, rather than what it seems to me it really is: a relationship between two broken people who then have an opportunity to emerge from that encounter more whole.

> When I give a talk about herbs, I have this disclaimer at the beginning. I say, "You need to know about my biases," and I put up a picture of me in the woods, and I say, "My bias is that I believe that this is my natural environment, and I believe it's yours, too." Then at the end of my talk, the last slide is always of a water and woods and sky scene, and I say, "Now I'm going to return you back into your natural environment."

JE: Some physicians say that they can't treat their friends or their family members because of their sense of attachment. Some physicians also say that they need to keep a certain distance form their patients generally. If they have to report something difficult, either in terms of the diagnosis or something else, they might not want to be caught up in each person who comes to them, because of the strain it might take on them.

Interview with Sara Warber

This would seem to argue that a certain kind of distance might be necessary. How do you approach that notion? It sounds like you're talking about a much less distant relationship with your patients. Can you have your friends as patients?

Sara Warber: I don't. And I probably would not encourage them. However, I have been in situations where I in fact had to be the healer/physician to people that I knew very, very well, that I was very emotionally attached to, and I know that you can do that. It takes emotional fortitude.

It takes not detaching from the person, but detaching from part of yourself. Somehow your professional self, your trained self does the work, and your crying kid-self, who might have all of these enormous feelings, just takes the back seat. You tend to that later. And maybe that, you do with your friends, or you do with your own most intimate support system.

But you don't detach from the patient. If you do that, you get cold and distant, and you don't get the energy back, that is available to be given back to you, to renew you, to keep you going for the next one.

JE: I want to go back to your comments earlier about energy medicine as it is being studied at the CAM Center where you are co-director. What is energy medicine? Is it electricity without wires?

Sara Warber: [Laughs.] Another one I wish I knew the answer to.

JE: You were saying earlier that you were investigating whether indeed there was one phenomenon that was common to all of these different energy-healing modalities. Is that a hypothesis you and your staff are drawn to?

Sara Warber: My hypothesis is that we do have this energy about us, this ability to be connected to some kind of energy of the universe. At least that's what I think I'm hearing people who do this kind of work say. The other thing I think I hear them saying is that somehow they are able to form themselves, either their intention or their being, their very physical being, to allow that energy to come through them, and work for the good of another person.

Another thing that I think I hear them saying is that they can see or read or understand the energy of the person who might be ill, and they can use that information to make something better about that person's energy field. So there are two sides to it.

JE: What are the two sides?

Sara Warber: There is the energy that might come through, or from the healer; that's part of this energy medicine. Then there's also the idea of the energy of the patient and how that might be read or understood.

JE: For diagnostic purposes?

Sara Warber: Yes. And I think both are important parts. Of course, this is stuff that in Western medicine, we don't have any way of understanding really. We try to look at maybe the physics of it, or think about the atoms and the particles and all of the space in there and the energy. We learn about the energy of the heart, and we put electrodes on and we measure the electrical energy of the heart. So we do know in little pieces that we have these electrical energies. We also measure the electrical energy of the brain.

So it makes sense that there's some energy field around us. But the idea that somebody could see that, or that they could touch it, or feel it, or understand it — they could sense it without using some kind of a biomedical, electrically run tool — using instead their own selves as a tool — that, we don't have any way of getting a handle on.

JE: One of the things that interests me when people talk about energy medicine is that I notice they talk about it in at least two distinct ways. Some people who talk about energy medicine are using the word "energy" as a kind of metaphor. Other people who talk about energy medicine seem to mean something that's literal, tangible, that's measurable.

People also talk about subtle energy, meaning that it's an energy that's more subtle than we can currently measure, given the available instrumentation, or more than we have an understanding of. So I noticed that the word, energy, is used in distinct ways.

If you say, for instance, that a person has good energy, sometimes we mean that in terms of the feeling we get from their personality, but we usually don't mean something that could be measured. How do you see those two ways of understanding "energy" — literal and metaphorical — and how does that relate to your energy medicine research?

Sara Warber: I think it's an important distinction that you've made. Frequently, I'm using that term metaphorically. Although I think that in our study where we interviewed biofield energy healers, they were not speaking metaphorically. I think they were speaking about something that they sense in a number of different ways that's just as real as me sensing the table that I'm putting my hand on right now.

JE: I want to ask you, more generally, Sara, about the term "complementary and alternative medicine." I recently learned that it's easy to misspell the word "complementary." If you spell it "complimentary", with an "i", complimentary medicine means people giving each other compliments for therapeutic purposes. (Both laugh.) I assume that's not what is meant by "complementary medicine" with an "e."

Sara Warber: I think of the term "complementary" as denoting practices that complete the whole. And I think that the term "alternative" denotes practices that are other than, or an alternative to, Western style medicine. The "alternative medicine" name came from David Eisenberg's article published in 1993, where he defined "alternative" as anything that wasn't being taught in medical schools, or practiced in hospitals, or covered by insurance.

In Europe they've always used the word "complementary" more, something that is an add-on. What I'm seeing now that I have been in this field a little longer, is it's really a moving target. Something starts out and it looks like it's "alternative" and the next thing you know, we're using it along side of things, and the next step is that it's totally integrated into our practice. That's what happens with any kind of a new modality. It goes through that process.

> My vision is of a place where people come together with open minds, where everybody is respected for what they bring to the table, and where we work together in a creative way on questions of complementary and alternative medicine, to really find out what is safe or effective.

So it's hard to give it a name right now. I think that eventually this will all be called "integrative medicine".

What we have used is the National Institute of Health's (NIH) seven categories of complementary and alternative medicine.

Their first category is "alternative medical systems," which is whole systems like Chinese medicine or Ayurveda.

The second NIH category is "mind-body techniques" like meditation, hypnotherapy and Tai Chi.

"Herbal medicine" is one whole category, using herbs like Hawthorn, Ginseng and Gingko.

"Nutritional approaches" is another category. This means the more non-traditional of those kinds of approaches, like lifestyle diets.

The next NIH category is "pharmacological treatments" — those, which are not our standard routines and have not been well investigated by drug companies — things like cartilage therapy or chelation therapy.

Another category is "manual healing," which is probably one of the most popular with patients, for instance, acupressure and chiropractic medicine.

The last NIH category is "bioelectromagnetics," which includes magnet therapy or direct current type therapy.

JE: What about energy medicine, for instance Reiki and Qigong?

Sara Warber: You could put energy medicine in one of three categories, depending on the way you think about it. Some people would put energy medicine in the "mind-body" category — you're dealing with this mind-body idea, the mind's control, or something like that. Others would put energy medicine in "manual healing," because often times, energy healers will use their hands, put their hands on the patient, or put their hands near the patient. And some people would put energy medicine under "bioelectromagnetics" because its theory may actually lie in that field.

JE: That begins to help us see how the National Institute of Health approaches this research. How did the Complementary and Alternative Medicine Center at the University of Michigan come into being?

Sara Warber: There was one identifiable event that set in motion the process that resulted in the Center. That was when Irwin Goldstein, who was then Associate Dean in the Medical School, invited Dr. David Eisenberg to come to the Medical Center and talk about alternative medicine. Dean Goldstein also decided to put together a small panel of people from our Medical Center here for that event

JE: Who is David Eisenberg?

Dr. Warber is pictured here with Dr. Irwin Goldstein. Goldstein brought together the first local symposium on complementary and alternative medicine. As a result, the research center became a reality.

Sara Warber: David Eisenberg is the director of a similar center at Harvard University, at Beth Israel Center. He brought an awareness of the practices of alternative medicine to physicians, and to medical centers around the country, when he published his original work in 1993 in the *New England Journal of Medicine.*

That was where he defined "alternative medicine" and he told us that a third of our patients were using it, and more, he told us that three-quarters of patients wouldn't tell us doctors about it. This was like opening a closet that was deep and dark that no one had ever peered into before. So David Eisenberg really, in a lot of ways, set in motion the whole research effort into this area.

JE: When was that event, when David Eisenberg came here?

Sara Warber: In the spring of 1997. I was on that panel, and Steve Bolling, a cardiac surgeon from U of M, was on the panel.

JE: How did the people who were organizing the panel on alternative medicine know that you were interested in this, or that Steven Bolling was interested?

Sara Warber: I believe it was because I had just been selected to be a Robert Wood Johnson (RWJ) Clinical Scholar. Part of what I had proposed to do with that fellowship was take an anthropological or ethnographic approach to traditional healing methods and herbal healing. I was also relatively well-known within my own Department of Family Medicine as someone who was doing this kind of work because that department had funded me for another fellowship year where I studied with a traditional Native American healer.

JE: Steven Bolling is the over-all director of the UofM CAM Research Center. How did he become interested in complementary and alternative medicine?

Sara Warber: Dr. Bolling had done a study where they looked at people's health beliefs, and how well they did in their post-operative period. The study found that those who had the strongest belief system, no matter what they believed in, did the best; they had the best outcomes. So that work had been done, and people knew about that.

JE: So there's a panel, and you and Steven Bolling are on it, and this well-known fellow from Harvard comes in and talks about alternative medicine, and what happens then?

Sara Warber: I started my RWJ fellowship and had this idea that we needed to do more. We had the symposium, and it opened the door, and there had been a big crowd there, so I could tell that there was interest. So along with a couple of other colleagues, we decided we would start an on-going brown bag lunch series at the U of M Medical Center on alternative medicine.

At the same time, I thought, "Well, I need to be doing research. Why not do research in this area. This is really where things are going." So our signs said, "If you're interested in talking about alternative research, come to this room at this time.".

Elena Gillespie showed up, who is a Reiki Master here in town, and Suzy Zick, a naturopathic physician here, and they were really interested in doing something. About the same time, the NIH had put out a call for proposals for new CAM centers.

So at that point we had several key players that had an interest and we formed an alliance. We all brought something to the table that was important. Dr. Bolling brought his reputation, his seniority, his interest in cardiovascular medicine, and his openness to these kinds of alternative healing practices. His post-doctoral fellow, Amy Ai, was a big part of that.

In most ancient traditions, the healers were also religious leaders. They were also spiritual leaders. We don't have the idea that we're going to teach people what they ought to believe, but at least the preliminary data shows that just the fact of believing in something, is what's important. If we, as physicians, know and understand that, if we can then support that, encourage it, activate it, then we're going to have better outcomes for our patients, and that's what we want.

Elena Gillespie already had a partnership with Martin Stevens MD from the Division of Endocrinology. We found a partnership for Dr. Zick with Keith Aaronson MD in the Division of Cardiology. We then had three projects, which was what we needed, where we had partnered a CAM practitioner with a mainstream physician. We also needed an educational program, and I said, "OK, I'll take that on." So we started writing like crazy, burning the midnight oil.

JE: You say the NIH put out a call for proposals. How did the NIH become interested in CAM and decide to fund these kinds of centers with Federal money?

Sara-Warber: It started out as the Office of Alternative Medicine, and that was created because Senator Tom Harkin really pushed for the creation of something like this as part of NIH. It was a grass-roots movement, and Congress said to NIH, "You have to look at these things. The people are using them."

This happened right around the same time that Eisenberg published his first article; I'm not sure which came first. They were very close in time. NIH decided to create about a dozen centers, rather than just scatter what funds were available all over the country.

JE: The U of M was selected as one of them; you got six and a half million dollars according to the announcement made when the Center was created. What are you going to do with it?

Sara Warber: Just over 50% goes to the U of M so that we have a place to be, and electricity, and things like that. Probably the largest portion of the grant money goes to the salary support for the individuals who actually carry out the research. Another big chunk of it goes to equipment that you would need in any kind of startup — telephones, computers, paper, and so on.

JE: So that amount of money covers five years of operation?

Sara Warber: That's correct, yes.

JE: I want to ask you about the written vision statement that the U of M CAM Center has, but first, what's your own personal vision of the Center.

Sara Warber: My vision is of a place where people come together with open minds, where everybody's respected for what they bring to the table, and where we work together in a creative way on questions of complementary and alternative medicine, to really find out what is safe or effective.

JE: The written vision statement for the CAM Center talks about four functions: Research, Education, Community Partnerships, and Advocacy.

Sara Warber: Our primary function is research. It's what the majority of our funding is for. This really includes not just the three research projects that we currently have ongoing, but also the idea that we would take on a leadership role in the country and set a research agenda for complementary and alternative medicine and cardiovascular disease.

JE: Education is, then, a secondary function, but I understand it's a close second.

Sara Warber: Right. We clearly see our mission as one of providing information to health care professionals no matter at what stage of their career they are. Whether they are students or residents or people doing practicums or health care professionals who have been out and doing this for many years — we will have programs that are aimed at all of those different levels. We also have an interest, although we don't specifically have funding from the NIH, to provide patient education. We've actually sought some funds within the University to begin that kind of work, and we've certainly tried to build partnerships that will allow us to incorporate patient education as well.

We also believe that we need to build community partnerships because we're not the experts about CAM; we're Western-trained. We need to be part of the community here. One of the reasons why this center is ideally located in this geographical area is because we have a rich community of complementary and alternative practice.

The other issue — and this is an issue for CAM around the country — is serving the needs of all people, not just of people who can afford to pay out of pocket for extra services. We see that as something that's important as this field develops. We want to partner with all of the various communities around us and try to understand how best to serve everybody's needs.

Because alternative treatments are, in general, not covered by insurance, it really is driven by the ability of people to pay out of pocket. When people value these services, they allocate their budget to pay for them. But for people who are financially in a situation where they're dealing just with basic necessities, they haven't had the same access to CAM therapies, which may be, in fact, very helpful to them.

> I think that my role is to lead the way and to facilitate the interchange between people who come from different backgrounds. One of the strengths of the family physician is that you need to be able to talk to anybody about anything.

We don't want to see a two-tiered kind of a system that might develop. So we think that it's important to be involved with all the communities who might need these services including those communities where stress levels are higher, and maybe disease burden is higher too.

JE: How will the U of M CAM Research Center reach out to under-served communities?

Sara Warber: We've just started partnering with other academic groups who are also working with under-served communities. Our work on this is not funded at present. We see it as an important part of our work from a mission standpoint, but we do not have any kind of funding for it at this point, so it's very slow.

JE: How are you going about creating a CAM curriculum for health professionals and students?

Sara Warber: We have a master plan for a modular kind of curriculum. It's that way so we can fit it into lots of different kinds of schedules. We've been developing our relationships with people in the community who can help us with teaching different sections.

Currently we are working with the School of Nursing to create an elective for nurses that will, if successful or with modifications, then potentially be offered for medical students the following year. At the same time, myself and others from our Center are giving lectures in the School of Pharmacy, the School of Public Health, the Medical School, and at other medical campuses across the state and the region. All of that is part of our educational mission as well.

JE: The last function on the official mission statement is "advocacy — to provide institutional leadership in the integration of proven effective CAM therapies for cardiovascular diseases into the mainstream of health care." What does advocacy mean in that context?

Sara Warber: The way I interpret that is, even when we have proof about alternative medicine, it sometimes isn't accepted or recognized. So CAM centers around the country and our CAM Center in particular, want to develop expertise and respect. Then we can say, "Look, this has our stamp of approval on it," or, "We've looked at the data here, and we know that this is actually working," and we're going to argue for it wherever we need to. For instance, we envision having a symposium where we would ask everybody who was doing any kind of research related to hearts and CAM to come here; let's put our heads together. That's planned for the fourth year of the grant. So we intend to take that leadership role very seriously.

JE: How are you integrating local alternative health practitioners into the work of the CAM Research Center here?

Sara Warber: Two out of three of our current research studies were actually proposed by local CAM practitioners. We also have invited a number of alternative practitioners to come to the Medical Center and speak. We have recently put out our own call for proposals. We've said to local CAM practitioners, if you've got a research idea, then we'd be willing to give you a small amount of money to get some pilot data. We're expecting that by the time this interview goes to press, we will have reviewed such research proposals and funded two or three of them. The purpose in doing that is predominately to reach out into the community and get people more involved.

JE: The Center is described as doing research on "complementary and alternative methods for cardiovascular diseases." How does the reference to cardiovascular disease define or describe the work that you're doing? Are you setting a parameter there, or is it a point of focus rather than a boundary?

Sara Warber: It's both. Each one of the twelve CAM centers funded by NIH around the country has some kind of focus, and that was part of the NIH master plan. In that way, we don't duplicate or overlap. The cardiovascular piece really defines our research. In some ways it defines the advocacy role. It doesn't define the educational or outreach roles necessarily.

JE: How have you found the U of M CAM Center getting opposition or support up to this point from the University community?

Sara Warber: I think that the thing that amazes me almost daily is how much support we get. From the beginning of starting to work on the proposal to this very day, the support just keeps growing. I think a big reason that happens is because we have taken a rational way of looking at things.

JE: What about opposition?

Sara Warber: I think there's some opposition out there, but that's OK. When I find that, my response is, "Well, can you use your skepticism to help us? Can you help us be stronger because you are there pointing out the holes?

> We are a research center. We're not a center that provides clinical services, and we explain that to people. We don't provide any kind of referral, because that's not the business that we're in. We do identify resources that they might investigate for referral. We do tell them anything that we have available in terms of information about a certain modality.

JE: Sara, you may be an exception yourself, but how do you feel about the observation that's sometimes made that there are different kinds of personalities who are drawn to medical school, as contrasted with the kinds of personalities of folks who are drawn to training in alternative healing approaches?

Sara Warber: I think that there's a degree to which that might be true. What I found myself thinking while you were asking that question was, "But no, at the heart of each of them, they are there to serve the patient."

Medical students, and pre-medical students, have a desire to help. Now the system that we put them through in order to train them into doctors might twist that in some way. There's lots written about how that probably does happen — that socialization into the role of "doctor" is a very difficult one.

But I think at heart you start with the same desire. It takes a different kind of mind set to go through all of the hurdles and the hoops. We talk about this among ourselves — the kinds of hoops you have to jump through to become a doctor— that exam that took two days to take, it's just another hoop you have to go through.

But there are challenges in going through the training to be an alternative practitioner, too. Many of those training periods are long and rigorous as well. So I see the similarities. As to the differences, I think that the alternative practitioners probably have a much higher respect for their intuitive ability, for other kinds of knowledge. The whole world of ways of knowing is available to them and useful to them. With the Western-trained physician, there is a more limited set of viable ways to know.

JE: The U of M CAM Center is currently sponsoring three major research projects. The first one uses Reiki.

Sara Warber: Elena Gillespie was having success in her Reiki practice. She treats patients with diabetic neuropathy, a condition where diabetics experience numbness and pain in their extremities. Elena had also worked as a researcher here at our Medical Center, and she felt this was something that needed to be investigated formally.

So now we will look to see: Do folks with diabetic neuropathy who have received Reiki treatments have less pain? Are they more comfortable? Are they able to function better? Able to walk farther? That kind of thing.

Sara Warber with her son, Chris.

JE: Reiki, as it's described in your literature, is a technique where people use their hands in certain ways, and the belief is that energy is being transmitted. That energy is being influenced by a set of thoughts and concepts that Reiki masters have in their mind, in which they've been trained. How do you understand what's going on in Reiki? I'm not asking you to anticipate the results of this study, but is there some thought about how a technique like Reiki could be influencing neuropathy?

Sara Warber: We really don't know the answer to that, and the study is not designed to answer that question. It's not designed to answer, "How does this work?" It's only designed to answer, "Does it work?"

JE: Is that true, generally, of the kind of research that the CAM Center will be doing: You will not be trying to describe how these various alternative modalities work, but *if* they work under controlled conditions?

Sara Warber: Yes, that's primarily the case in the studies that we're currently doing. That doesn't mean we don't have an interest in how they work, or how we could measure whether they work. But right now we're just looking at, "Does it have an effect on the outcomes that are important to the patient?"— as well as outcomes that might be important to us in terms of laboratory values.

JE: Your second research study uses an herb.

Sara Warber: Our second study is of the herb, hawthorn. The patient population is people with congestive heart failure. There will be two groups, one that will get hawthorn and their usual treatment, and a group that will get a placebo and their usual treatment. So we're going to see if hawthorn adds any benefit for those people.

We'll look at what might be called hard end points, meaning laboratory values, or numbers from tests, but we're also going to look at patient outcomes, like, in this case, the Minnesota Living with Heart Failure Questionnaire, which is used to assess quality of life.

There's reason to believe you might have better quality of life, but not have any of those lab numbers change, and it would still be an effective treatment in some ways.

JE: Your hawthorn study leads me to a general question about this kind of research: What might get lost when alternative healing modalities are standardized, as they must be, for formal research protocols? I'm drawn back to your comment earlier about herbs and nature. I assume that in the hawthorn study you are not able to use plants that somebody has recently harvested locally.

Sara Warber: In fact, with the specific product that we've been using in the hawthorn study, we know enough about it to ask the FDA to look at it as a drug. But it is still a plant extract.

JE: Can you describe the kind of hawthorn that's being used in your experiment?

Sara Warber: Hawthorn is a tree or a shrub; it grows in this area. There's quite a bit of it around campus, and in many people's yards. It has a long thorn on it and it has orange-ish berries.

JE: The hawthorn that's being used in your research trials, do you know where it's grown, or under what conditions? Is it a pharmaceutical company that grows it and packages it for you?

Sara Warber: It's all prepared for us by a pharmaceutical company, and we don't really have knowledge of the specific place it's grown or even the steps in the manufacturing process or the post-picking process. A few of those things would actually be trade secrets.

JE: I'm wondering, then, when you get results from this study, if what you will have learned about is what hawthorn pills do, not what the herb hawthorn, as it is traditionally used by herbalists, does?

Sara Warber: We would know more about the specific formulation that we've used. One of the things that we hope to do is a technique that gives us kind of an herbal fingerprint. It tells about the different kinds of molecules that might be there. You get a kind of graph for each plant studied with a set of peaks, and it's being called a fingerprint.

We'll get a look at the fingerprint of the hawthorn product we are using in our study. We also would like to look at other hawthorn products that are available on the market, and see how they compare. And that way, we can give both consumers and physicians the kind of information that they need to make choices about what they want to use.

JE: Why aren't you harvesting wild hawthorn and using that in your study?

Sara Warber: Because we are a big medical center doing a study of an herb, which is risky enough in itself. You have to have a product that's been fairly well researched already. We were fortunate to be able to partner with a pharmaceutical company that could provide in depth information about their hawthorn product.

JE: I'm wondering how that would apply to something like Reiki. I'm sure there are reasons why you can't describe all the particulars of how the Reiki experiment is being carried out, but I'm wondering if there's a similar issue. Obviously, Reiki is not a commodity in the same way that hawthorn as an herb or a pill would be, but are there problems with making sure that what you are researching is really, indeed, Reiki?

Some folks might wonder whether you're going to develop a whole body of evidence that's really about *ersatz* alternative health techniques, that is, things that only appear to be these modalities, as they are being practiced in the alternative health community. Because you need to alter them for research purposes, you're really not going to be getting data that's relevant to what people are using in the field. I realize that's a standard problem with research, but I'm wondering how it's coming up for your staff?

Sara Warber: I think that it's very clear that we need to ask the Reiki practitioners that are involved in this study to tell us what it is that they do. Just like in our third project, it's important that we ask the Qigong masters to tell us what they do. But we can't recreate every part of the sensory experience of a patient's encounter that goes to a Reiki practitioner outside in private practice in the specific environment that the practitioner has created.

JE: The third project that's currently ongoing at the U of M CAM Research Center involves two parts. What are those?

Sara Warber: The first part is a look at the practice of external Qigong, where a Qigong master is able to project energy to a patient for healing. The patient population will be folks who are recovering after coronary artery bypass grafting. Again, that's going to be a placebo-controlled trial. Then we'll look at outcomes. We'll look at wound healing and how long patient's stay in the hospital. If all the Qigong patients go home early, this is going to be a great thing.

> In my own view, it's possible to cure somebody of their disease, and not heal their being, their whole self. Curing is in relationship to a biomedically-defined disease, and healing is in relationship to achieving life in the fullest sense.

The other part of this project is what we're calling a spirituality study, because we're asking people about their spiritual beliefs. When Dr. Amy Ai did her doctoral dissertation, she did a retrospective study. She asked people after their cardiovascular surgery to look back in time about their beliefs and thoughts, and report to her.

Now we will be doing a prospective study. She'll ask them about their beliefs and thoughts, then they'll have their surgery, then they'll go through their recovery period, and she'll interview them again at the end of their recovery period. So we will get data that will look forward in time and won't be quite as liable to some of the research problems with retrospective data.

Interview with Sara Warber

JE: So this third project has two distinct parts: one is looking at the effect of Qigong itself on patients who have had heart bypass surgery, and the other looking at the effect of people's beliefs on their surgical recovery. In the second part, what kinds of questions about people's spirituality are you asking?

Sara Warber: We ask about their belief in a higher power, their belief in whether that higher power actually intervenes in their lives, questions like that. We also asked them about some other things called confounders that might influence their healing — depression, activity level, hopelessness or hopefulness, and various others. We actually ask a large battery of questions. Only some of them are really spirituality questions.

JE: In what sense does a study of a person's spirituality, and the effect of their beliefs on a post-operative recovery, come under the rubric of CAM?

Sara Warber: In most ancient traditions, the healers were also religious leaders. They were also spiritual leaders. We don't have the idea that we're going to teach people what they ought to believe, but at least the preliminary data shows that just the fact of believing in something, is what's important. If we, as physicians, know and understand that, if we can then support that, encourage it, activate it, then we're going to have better outcomes for our patients, and that's what we want.

JE: Your literature describes Qigong as a traditional Chinese bioenergy transfer technique.

Sara Warber: As I understand it, everybody has energy that runs in meridians in their body. A Qigong master has that so well developed, either through their own practice or by being born that way, that they can send it at will out of their body to somebody else.

JE: Many people who read this interview will know a lot about these subjects, but for those who do not, can you tell me your understanding of the difference between Reiki and Qigong?

Sara Warber: There are two differences that I think of. One is the cultural context in which the forms developed. Qigong developed within the traditional Chinese system. Reiki is a rediscovered technique that came through a Japanese lineage. Some practitioners say, although this may not be totally accurate, that Reiki is perceived to be a universal energy force that comes through the practitioner, whereas Qigong energy is believed to belong to the practitioner.

JE: It's that wonderful spiritual distinction of the transcendent versus the imminent.

Sara Warber: Exactly.

JE: Was there any particular reason why these two — Reiki and Qigong — were chosen to be among the first modalities that you looked at? Did it just have to do with the practitioners who came forward?

Sara Warber: It had to do with the people who came forward, but we also were looking at what was work that needed to be done. There is a great deal of use of Reiki in the community. It's important to study it. There is a great deal of use of all forms of traditional Chinese medicine. So to take a piece of that and study it, that's an important thing. It's a priority to do that. These are techniques, just like Therapeutic Touch, that are most vulnerable to criticism by the Western paradigm. So to be able to study them in a Western way, and to be able to say whether they work, Yes or No, that's a very appealing path.

JE: What happens if no confirming evidence turns up in a research project, say about Reiki or Qigong?

Sara Warber: We can publish this no matter which way it turns out. That's important for us because that's what we are measured by. If we find out they work, that will be news, and if we find out they don't work, well, they are the same as placebo. So that will be news, too. You can interpret that a number of different ways, as to the significance or meaning of that, but it's still news.

JE: You mentioned Therapeutic Touch. There is that famous or infamous article that appeared in the Journal of the American Medical Association (JAMA), where a young child designed and carried out an experiment that was offered as evidence to disconfirm the basic underpinning of Therapeutic Touch. Many people have alleged flaws in that study, but whether indeed there were flaws or not, it's very interesting that the Journal of the American Medical Association would choose to publish that study.

If the results had been different, had been confirming of the benefits of Therapeutic Touch, many people have at least raised the question whether it would have been as attractive to JAMA. Is that a danger in the work that you are doing? Is any non-confirming evidence that you produce going to get an awful lot of attention, and any confirming evidence that you produce may, if not actually be ignored, be given much less attention?

> There is a great deal of use of Reiki in the community. It's important to study it. There is a great deal of use of all forms of traditional Chinese medicine. So to be able to study them in a Western way, and to be able to say whether they work, Yes or No, that's a very appealing path.

Sara Warber: I think that's a definite risk. But what you do is you keep sending that manuscript out. Most manuscripts eventually get published. You can't take the first No as your answer.

JE: Sara, how do you think the kind of research that the CAM Center is doing has implications for paradigm changes, in terms of how medicine and healing is practiced, as well as just adding new modalities to the standard medical repertoire.

Sara Warber: I think that we actually should be in the business of creating paradigm change. Maybe not change, but paradigm broadening. A major feature is expanding our ideas beyond the biomedical model, the mechanistic model.

JE: Your Center has a wonderful set of offices on Huron Street, north of the Frieze Building on campus. What is it like for you to be there?

Sara Warber: I think it's a happy place to work. It's a place where there are lots of ideas and there is lots of old-fashioned go-go power to get something done. We have a lot of young investigators, and they're enthusiastic. They work like crazy. All of our staff work hard and are dedicated to creating the highest standards, just like anyplace else in our University institution. It's a pleasure to work there.

JE: What are you yourself trying to contribute most?

Sara Warber: I think that my role is to lead the way and to facilitate the interchange between people who come from different backgrounds. One of the strengths of the family physician is that you need to be able to talk to anybody about anything. I can talk to the biomedical people; I've done biomedical research. I've also been out in the woods and gathered herbs with my own hands, so I can walk in both worlds. I think that's my contribution, that I can bring the philosophical differences and the technological differences together.

JE: Where do you see yourself in ten years?

Sara Warber: [Long pause]. The improper answer is, floating on a lake. [Both laugh].

JE: Besides floating on a lake, Sara, where do you see yourself in ten years? What's behind that question is, do you see yourself continuing to focus on generating and supporting research? Are you more interested in the application of some of the results? Do you see yourself doing more direct patient care versus education? I realize that's all very speculative, but I'm wondering if you have any thoughts on that?

Sara Warber: What's difficult about the question is that things have already moved so much faster than I've anticipated. It's hard for me to fathom what ten years times the last year might be.

JE: How long has the U of M CAM Center been in existence?

Sara Warber: A year.

JE: How have things moved faster than you've anticipated?

Sara Warber: I think, in general, the openness of the Medical Center and the Medical School, and the other schools — the School of Nursing, the School of Public Health, and the College of Pharmacy. Their openness and eagerness to have a resource like the CAM Center available —that has caused things to move faster than I would have anticipated. It's like we opened a door, and it was really a floodgate. We're on that flood, and where our Center will be in ten years, or where I'll be, is really hard to imagine.

JE: How do you hope to see the U of M CAM Research Center grow?

Sara Warber: I'd like to see more senior-level researchers take an interest in turning their skills to this subject matter. I think we have a great need for their expertise in research methodology to be applied to complementary and alternative medicine. I'd also like to see more young researchers coming up through the ranks, having been trained in both complementary medicine and in research skills and techniques. I'd like to see a greater presence in the educational process, and I think that's something that we're positioning ourselves for.

There's the whole question of whether we would ever offer any kind of clinical services. I think that's a question that remains to be dealt with. But as therapies are validated by research, the natural desire would be to have them incorporated into the way we do medicine.

JE: Your literature describes the eventual development of patient education materials, where a particular alternative healing modality would be described and the research that's been done about it. What's happening there?

Sara Warber: We have a plan that anytime we do a review of the research literature on a particular topic, and it's written it up for a medical journal, we will also create a piece of patient education material from that. Through time then, we will have a number of different pieces created that way.

JE: All based on research that you've done?

Sara Warber: All based on research that is in the general medical research literature. We don't necessarily have to have done the research ourselves.

We are also partnering with the Patient Education Oversight Committee at the U of M Medical Center to actually do some review of existing CAM patient education materials that have been produced elsewhere. Then we will be trying to identify people who have the expertise to say whether the content is OK or not. This would give us some additional CAM patient education materials that, although we did not initially create them, would have the U of M Health System stamp of approval on them.

> **Two out of three of our current research studies were actually proposed by local CAM practitioners. We also have invited a number of alternative practitioners to come to the Medical Center and speak. We have recently put out our own call for proposals. We've said to local CAM practitioners, if you've got a research idea, then we'd be willing to give you a small amount of money to get some pilot data.**

JE: Do people call the U of M CAM Center now asking about the availability of particular alternative health treatments for conditions they have, or call for referrals to practitioners for treatments they've heard about?

Sara Warber: We get such calls all the time, but we are a research center. We're not a center that provides clinical services, and we explain that to people. We don't provide any kind of referral, because that's not the business that we're in. We do identify resources that they might investigate for referral. We do tell them anything that we have available in terms of information about a certain modality.

Our vision is that our website will eventually become a great resource, so people will actually be able to pull up the literature reviews about modalities we've looked at.

So we try to direct people to resources when we can, but we don't make any kind of referral, and we don't recommend any kind of treatments.

JE: I understand that the U of M CAM Center has open research meetings at 4 p.m. on the first Friday of each month. Are they open to the public?

Sara Warber: They are open to the general public as well as to the campus and the Medical Center community. We see them as a time when interested researchers of any background can come together. We generally have a short presentation, and then a half- hour or so of discussion, and usually a time period of networking, people just introducing themselves to each other, and getting to know each other, finding out, "What do you do?" —"What are your interests?"

JE: Your Center also has a Noon Lecture Series on the third Tuesday of each month at the Medical Center.

Sara Warber: That is targeting the Medical Center employees and faculty. These are really designed just to introduce individual topics in CAM. It's been more of an information-giving session about a different CAM modality each time.

JE: You mentioned before that one of the reasons why Ann Arbor is an appropriate place for a CAM research center is because of the large community of alternative healers here. What opportunities are there for alternative healers who want to connect with the U of M CAM Center?

Sara Warber: Probably the easiest time to connect with us physically is at the open research meetings on first Fridays. We also maintain a large mailing list, and an e-mail list, and that's a good way for people who want to know what we're doing to stay in touch. We are in the process of developing a volunteer system. We have already had a lot of volunteers who have said, "I would teach about my modality," and that's been wonderful. But there are many other ways in which we hope eventually people will get involved.

JE: For folks who are not necessarily alternative healers themselves, but just interested members of the public — are there opportunities for them to volunteer at the CAM Center?

Sara Warber: Yes. We've actually done a needs-assessment of what our volunteer needs are. Volunteers might be involved in doing literature searches, or just copying articles for us. They might be doing something to help support these three research trials that we have going on.

Volunteering might mean helping out with reception duties, answering phones, taking messages, greeting visitors, doing some computer work. Somebody with computer skills might get involved with our website.

We always need people to help out with our events, whether that's posting flyers or being there. We have a need for people who can write copy for brochures, particularly some of the patient education materials, say if we had literature review, somebody who could adapt that into lay language. If we run across somebody who can actually help us in identifying other sources of funding for some of the additional activities we'd like to get involved in, that would be great, too.

JE: Sara, I want to end with a philosophical question. What are your thoughts about the difference between healing and curing?

Sara Warber: In my own view, it's possible to cure somebody of their disease, and not heal their being, their whole self. Curing is in relationship to a biomedically-defined disease, and healing is in relationship to achieving life in the fullest sense.

JE: Is the research that the U of M CAM Center is doing aimed at identifying only curing methods?

Sara Warber: I think, in fact, that we are looking at healing methods, because we hope that these methods will have an impact on people's lives — that they'll be better lives, that there will be better quality of life. We don't think that we're going to cure diabetic neuropathy by using Reiki, but we hope that the patient who has diabetic neuropathy will have a better life because of Reiki. We don't think we're going to cure someone's heart disease with Qigong, but in fact their experience of their recovery from life-saving surgery may be better because of Qigong.

It's something you strive for — that healing which would bring mind, body, heart and spirit into balance.

JE: Why are you doing this work?

Sara Warber: Because it's allows me to fulfill my life purpose.

###

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Illustrator Wanted

To do pen-and-ink drawings for *The Crazy Wisdom Calendar*. Moderate pay, great working environment (your home). For more information, contact Bill Zirinsky at Crazy Wisdom, 665-2757.

"A Gathering In Spirit"

Through the Grace of God and the help of her spiritual teacher, Brenda has Realized *Inner Enlightenment/No Mind Within.* From this perspective and as a Westerner, she will share her insights, wisdom and spiritual/meditative state through the following events:

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January 12th and March 15th
7 - 8:30 pm, love offering.

• Evening spiritual seminars
"The Feeling Of Infinity"
Friday evening, February 11th, 7-9pm, $35
"The Futility Of Seeking"
Friday evening, April 7th, 7-9pm, $35

• Day-long spiritual intensives for deepening one's spiritual/meditative practices:
"A Gathering In Spirit"
(Each intensive is unique)
Saturday, February 12th and April 8th
9am-4pm, $85
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HEALTH AND HEALING RESOURCES IN ANN ARBOR

This is the seventh edition of Health and Healing Resources in Ann Arbor, which is compiled and distributed free by Crazy Wisdom Bookstore and Tea Room. Since 1982, we have served as a center of information for people seeking such resources. This latest edition contains 132 categories and 370 listings. Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Each of these individuals or centers has completed an information sheet, which is kept in a binder at Crazy Wisdom. Books suggested on those sheets are now available at Crazy Wisdom. Our staff can assist you in finding the books you want in the areas listed.

Ask to see the Health and Healing Resources binder at Crazy Wisdom for information supplied by the following individuals or centers in Ann Arbor. We realize that no such list can be complete, and we hope this will be a good starting point for you.

Acupressure

Michael Bratcher	528-4156
Michelle Obrecht	913-9719
Peaceful Dragon School of Tai Chi Chuan & Chi Kung	741-0695
Aiji K. Pipho	971-9033

Acupuncture

Barefoot Doctors	761-9450
Bioenergy Medical Center	995-3200
Brodie Burris	975-2745
Abby Humphrey	665-3202
Charles Lincoln	973-1012
James Neuenschwander	995-3200

Alexander Technique

Jane R. Heirich	761-2135
Michelle Obrecht	913-9719

Animal Communication

Marliesa Back	428-1451

Animal Healing

Betsy Adams	475-4230
Ray O. Golden	663-9724
Kim E. Longworth	498-3280

Anxiety/Panic/Trauma/Phobia

Kathy Blough	327-2040
Mary Lou Kerwin	662-2838
Kathleen Moore	668-8146
Georgia Sun Eagle Olson	662-7180
Ruth M. Riegel	761-9183
Matruka Sherman	213-7475

Aromatherapy

Castle Remedies	973-8990
Lifeforce Regeneration	248/634-0695
Diana J. Steinhauer	623-0100

Astanga Yoga

Inward Bound	971-8562

Astrological Chart Services

The Cosmic Computer	434-4555
Crazy Wisdom Bookstore	665-2757

Astrology

The Astrology Study Group	434-4555
Vivienne Cardini	971-8000
Linda Diane Feldt	662-4902
B. Rose Fine	434-4555
Aura Glaser	994-1363
Matruka Sherman	213-7475
Richard Smoot	484-1897

Aura Reading

Julia King	877/449-5412

Authentic Movement

Robin Graubarth	665-2345

Ayurvedic Cooking

Diane L. Stevens	487-3288

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Bach Flower Remedies

Eric C. Amberg	422-4880

Beauty

Nina Howard	747-8517

Bioenergetics

Elizabeth Alberda	663-5457
Maurice Alberda	663-5457
Ruth M. Riegel	761-9183

Biofeedback

Jane Doner	944-9994
Mary Lou Kerwin	662-2838

Birth Preparation

Patty Brennan, The Holistic Midwifery Institute	663-1523
IHA Nurse-Midwives	434-1404
Isabelle Joy Yingling	475-0022

Body Image Issues

Michele Rivette	930-2200

Body/Mind Psychotherapy

Eric C. Amberg	422-4880
John Bodary	313/582-5034
Eileen Bond	668-1040
Glenn Burdick	973-7377
Erica L. Dutton	677-3056
Susan Golden	994-9133
Georgia Sun Eagle Olson	662-7180
Ruth M. Riegel	761-9183

Career/Transition Counseling

Melanie Peelman-Fuscaldo	668-2733
Phyllis Perry	973-0003
Soundings: A Center for Women	973-7723

Channeling

Barbara Brodsky	971-3455
Shala Kilmer	248/258-8287
Practical Psychic Center of Ann Arbor	663-9724
Sandra Shears	663-6440
Jewel Shelden	998-0604
Wendy Warrick	913-9619
Sandra Xenakis	475-0193

Chinese Medicine

Barefoot Doctors	761-9450
Charles Lincoln	973-1012

Chiropractic

Complete Chiropractic and Massage Therapy	677-1900
Kathleen Dvorak	677-1900
Andrea Galley	434-9835
Robert J. Koliner	761-5908
Stephen R. McLean	668-6110
Linda S. Sayer	677-1900

Chronic Pain

Kathy Blough	327-2040

Clairsentient Channeled Counseling

Nanci Rose Gerler	996-8799

Cognitive/Behavioral Therapy

Mary Lou Kerwin	662-2838

Colon Hydrotherapy

Dale-Lin Mallonen	461-0558

Complementary Medicine

U-M Complementary & Alternative Medicine Research Center	998-7715

Counseling

Erica Dutton	677-3056
Mary Lee	761-9282
Laura Sanders	662-3509

Couples Counseling

Michael Andes	662-5215
Gretchen Gardner	665-8410
Marge Greene	668-8667
Robert J. Hejna	677-4324
Laurie Krauth	996-9111, x 234

Craniosacral Therapy

Laurie Akerros	995-2719
A² Center for Holistic Health & Traditional Wisdom (classes)	662-4902
Ann Arbor Therapeutic Massage Clinic	677-0030
Complete Chiropractic and Massage Therapy	677-1900
John Bodary	313-582-5034
Kathleen Dvorak	677-1900
Cynthia Hoffman	761-5402
Karen Kerns	449-8276
Jan Pemberton	973-2013
Renee Rutz	677-1900
Barry Ryder	662-1572
Diana J. Steinhauer	623-0100
Karen Thompson	996-9395
Marsha Traxler	747-7020

Creative Integration

Maurice Alberda	663-5457
Hava Jean Delgado	697-1579
Deborah Klobuchar	769-7815

Creative Process

Hava Jean Delgado	697-1579
Susan McDonald	747-9191

Crystal Healing

Sandra Xenakis	475-0193

Depression/Grief

Michele Rivette	930-2200

Doula

The Holistic Midwifery Institute	663-1523
Isabelle Joy Yingling	475-0022

Eating Disorders/Food Issues

Judith Banker	668-8448
Center for Eating Disorders	668-8585
Judy Stone	994-5549

Ecotherapy

Jeanne Mackey	913-9861

EMDR

Cam Vozar	747-9073

Empowerment Work for Girls

Laura Sanders	662-3509

Energy Healing

Ann Arbor Healing Arts	761-5402
Jane Reading-Boyd	434-9478
Center for Intuitive Health	663-9724
John DeLuca	354-6013
The Gathering Place	810-225-9777
Norma Gentile	332-4606
Michael Gillespie	484-4728
Susan Golden	994-9133
Julia King	877/449-5412
Wende Nachtigal	810/231-3581
Aiji K. Pipho	971-9033
Sheila Layla Ritter	973-0684
Sandra Shears	663-6440
Pat Forsberg-Smith	747-9644

Enneagram

Nancy Warren	449-8133

Esoteric Healing

Center for Intuitive Health	663-9724
Wende Nachtigal	810/231-3581
Jan Pemberton	973-2013

Exercise

Diana Little	971-4194

Family Therapy

Mark Blough	930-0864

Feldenkrais Method

Inge Gaiser	663-9166
Katherine Rogers	971-5285

Feng Shui

Lynn Meadows	433-9102
Joy Naylor	662-4330
Wendy Warrick	913-9619

Flying Dance Meditation

Tom Kuzma & Alani Galbraith-Kuzma	477-9343

Gay/Lesbian/Sexual Identity Issues

Marge Greene	668-8667
Laurie Krauth	996-9111, x 234
Brian O'Donnell	663-1095

Geotonal Chiropractic

Stephen R. McLean	668-6110

Group Therapy

Mark Blough	930-0864

Hawai'ian Sacred Temple Bodywork

Tom Kuzma & Alani Galbraith-Kuzma	477-9343

Hellerwork

Anne Carbone	971-5849

Herbal Healing

A² Center for Holistic Health & Traditional Wisdom (classes)	662-4902
Castle Remedies	973-8990
Linda Diane Feldt	662-4902
Cindy Klement	975-2444
Michele C. Loewe	975-2470

This listing was conceived by Jonathan Ellis. Work on this issue was done by Jonathan Ellis, Lynn Murdock and Bill Zirinsky.. To become part of any future updates of this list, please contact Crazy Wisdom at 665-2757.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make a recommendation as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Holistic Health Counseling

Jan R. Baumkel	971-4950
Tom Egan	975-4431
Dale-Lin Mallonen	461-0558
Marsha Traxler	747-7020

Homeopathy

Bioenergy Medical Center	995-3200
Castle Remedies	973-8990
Michele C. Loewe	975-2470
James Neuenschwander	995-3200

Hormones/Supplements

Diana Little	971-4194

Hypnotherapy

Eileen Bond	668-1040
Kim & Steven Falcone	449-8111
Sandra Kaye	996-1236

Infant Massage Instruction

Audrey Simon	741-9706

Inner Self Portraits

Hava Jean Delgado	697-1579

Intuitive Counseling

Diane Evans	971-0795

Iridology

Jim Dreyer	662-0745
Cindy Klement	975-2444

Journal Writing

Phyllis Perry	973-0003

Jungian Psychotherapy

Kathie Carlson	517/244-1163
Rebecca Mullen	662-5925

Kinesiology

Linda Sayer	677-1900

Lactation

IHA Nurse-Midwives	434-1404

Lomi

Rebecca Kleinheksel	657-4144
Tom Kuzma & Alani Galbraith-Kuzma	477-9343

Lymphology Education

Dale-Lin Mallonen	461-0558

Massage

Laurie Akerros	995-2719
Ann Arbor Healing Arts	761-5402
Ann Arbor Institute of Massage Therapy	677-4430
Ann Arbor Institute of Massage Therapy Student Clinic	677-4430
Ann Arbor Therapeutic Massage Clinic	677-0030
Robin Ashlock	663-9964
Peter Baker	623-0624
Robin Brophy	975-4431
Brodie Burris	975-2745
Edward Clark	662-6068
Complete Chiropractic and Massage Therapy	677-1900
Lisa Darrow	677-1900
The Gathering Place	810-225-9777
Michael Gillespie	484-4728
John Gutoskey	761-6200
Minda Hart	769-0969

Massage (continued)

Cynthia Hoffman	761-5402
Nina Howard	747-8517
Rebecca Kleinheksel	657-4144
Karen Kerns	449-8276
Lifeforce Regeneration	248/634-0695
Rebecca Loyd	558-8869
Kirsten Mowrey	677-1900
Lisa Rothstein	663-6440
Renee Rutz	677-1900
Barry Ryder	662-1572
Audrey Simon	741-9706
Pat Forsberg-Smith	747-9644
Villabeth Taylor	995-8866
Karen Thompson	996-9395
Nancy Warren	449-8133

Meditation

Barbara Brodsky	971-3455
Glenn Burdick	973-7377
Gentle Tiger Academy of Tai Chi Chuan	810/227-4058
Jewel Heart	994-3387
Lighthouse Center	663-2218
Brenda Morgan	665-0536
Peaceful Dragon School of Tai Chi Chuan & Chi Kung	741-0695
Sri Chinmoy Centre	994-7114
Ema Stefanova	665-7801
Diane L. Stevens	487-3288
Tsogyel-gar Hermitage	741-1084
Zen Buddhist Temple	761-6520

Men's Work

Richard Gull	930-2624
Nick Meima	663-5853
Cam Vozar	747-9073

Midwifery

The Holistic Midwifery Institute	663-1523
IHA Nurse-Midwives	434-1404
New Moon Midwifery	994-0971

Movement Educator

Suzanne Willets Brooks	482-2607
Eileen Dickinson	717-4145
Jerry Schwiebert	475-5802
Villabeth Taylor	995-8866

Movement Therapy

Antonio Francesco	623-9599
Gentle Tiger Academy of Tai Chi Chuan	810/227-4058

Music & Healing

Earth Wisdom Music	769-0969
Deborah Klobuchar	769-7815
Jeanne Mackey	913-9861
Kathleen Moore	668-8146
Sheila Layla Ritter	973-0684

Myotherapy

Ann Arbor Institute of Massage Therapy	677-4430

Native American Spirituality

Khita Austin	741-0038

Naturopathy

Michele C. Loewe	975-2470

Network Chiropractic

Robert J. Koliner	761-5908
Stephen R. McLean	668-6110

Neurofeedback

John DeLuca	354-6013
Jane Doner	944-9994

Neuromuscular Therapy

Ann Arbor Institute of Massage Therapy	677-4430
Ann Arbor Therapeutic Massage Clinic	677-0030
Robin Ashlock	663-9964
Peter Baker	623-0624
Michael Bratcher	528-4156
Lisa Darrow	677-1900
Cynthia Hoffman	761-5402
Kirsten Mowrey	677-1900
Diana Steinhauer	623-0100

Nutritional Guidance

Jan Baumkel	971-4950
Cindy Klement	975-2444
Linda Sayer	677-1900
Judy Stone	994-5549

Oriental Herbs

Barefoot Doctors	761-9450
Barefoot Doctors Apothecary	761-4823
Brodie Burris	975-2745
Charles Lincoln	973-1012

Palmistry

Vivienne Cardini	971-8000

Past-life Regression

Robin Brophy	975-4431
Jewel Shelden	998-0604

Pathwork

Brian O'Donnell	663-1095

Phoenix Rising Yoga Therapy

Gail BK Rowland	994-3777
Julie Wolcott	426-4978

Pilates Exercise

Khita Austin	741-0038

Polarity Therapy

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Ann Arbor Healing Arts	761-5402
John Bodary	313-582-5034
Michael Bratcher	528-4156
Linda Diane Feldt	662-4902
John Gutoskey	761-6200
Nina Howard	747-8517
Karen Kerns	449-8276
Jan Pemberton	973-2013
Renee Rutz	677-1900
Marsha Traxler	747-7020

Preventive Medicine

Jan Baumkel	971-4950
Andrea Galley	434-9835

Process-oriented Bodywork

Robin Graubarth	665-2345
Julie Wolcott	426-4978

Professional Training & Enrichment

A² Center for Holistic Health and Traditional Wisdom (classes)	662-4902
Ann Arbor Institute of Massage Therapy (classes)	677-4430

Psychic Development

Shala Kilmer	248/258-8287

Psychic Healing

Center for Intuitive Health	663-9724
John Friedlander	429-6008
Julia King	877/449-5412
Practical Psychic Center of Ann Arbor	663-9724

Psychic Readings

Marliesa Back	428-1451
Diane Evans	971-0795
Nanci Rose Gerler	996-8799
Ray O. Golden	663-9724
Jewel Shelden	998-0604
Martha Goff Stoner	428-9472
Wendy Warrick	913-9619
Sandra Xenakis	475-0193

Psychodrama

Empatheatre	913-9733

Psychotherapy

Michael Andes	662-5215
Judith Banker	668-8448
Kathy Blough	327-2040
Mark Blough	930-0864
Barbara Boyk	994-5032
Glenn Burdick	973-7377
Gretchen Gardner	665-8410
Susan Golden	994-9133
Marge Greene	668-8667
Robert Hejna	677-4324
J. Dale Jeffs	975-1234
Mary Lee	761-9282
Jeanne Mackey	913-9861
Susan McDonald	747-9191
Sheila Layla Ritter	973-0684
Matruka Sherman	213-7475
Cam Vozar	747-9073
Lisa Wolf	930-0864

Rebirthing

Gretchen Gardner	665-8410

Recovery Counseling

J. Dale Jeffs	975-1234
Michele Rivette	930-2200

Reflexology

Robin Brophy	975-4431
Gloria Zimet	973-8290

Reiki

John David Adamski	477-9343
Robin Ashlock	663-9964
Marliesa Back	428-1451
Kathleen Dvorak	677-1900
Kim & Steven Falcone	449-8111
The Gathering Place	810-225-9777
Ray O. Golden	663-9724
Kim Longworth	498-3280
Wende Nachtigal	810/231-3581
Harriet Singer	973-0498
Karen Thompson	996-9395
Suzy Wienckowski	668-8071
Gloria Zimet	973-8290

Repetitive Strain Therapy

Anne Carbone	971-5849

Research

U-M Complementary & Alternative Medicine Research Center	998-7715

Rolfing

Khita Austin	741-0038
Leland Austin	741-0038

Rune Readings

Lee Cole	449-4239

Sacred Psychology

Lee Cole	449-4239
Robin Graubarth	665-2345

Shamanic Counseling

Maurice Alberda	663-5457
Robert Hejna	677-4324

Shamanic Healing

John David Adamski	477-9343
Elizabeth Alberda	663-5457
Lee Cole	449-4239
Kim Longworth	498-3280

Shiatsu

Lifeforce Regeneration	248/634-0695

Somatic Therapy

Leland Austin	741-0038
Julie Wolcott	426-4978

Soul Readings

Jim Dreyer	662-0745

Soul Retrieval

Elizabeth Alberda	663-5457

Sound Healing

Norma Gentile	332-4606

Spiritual Counseling

Eileen Bond	668-1040
Jane Reading-Boyd	434-9478
Barbara Boyk	994-5032
Tom Egan	975-4431
Jonathan Ellis	668-6672
Nanci Rose Gerler	996-8799
Shala Kilmer	248/258-8287
Susan McDonald	747-9191
Brenda Morgan	665-0536
Sandra Shears	663-6440

Spiritual Director

Michael Andes	662-5215
Jonathan Ellis	668-6672
Alison Hine	668-0475

Spiritual Healing

John David Adamski	477-9343
Jane Reading-Boyd	434-9478
John DeLuca	354-6013
Jonathan Ellis	668-6672
Mary Lee	761-9282
Georgia Sun Eagle Olson	662-7180

Spiritual Retreats

Brenda Morgan	665-0536
Mary Laurel Reynolds	995-3377
Ema Stefanova	665-7801

Storytelling

Antoinette Thoin	327-2800

Stress Reduction & Relaxation

Peter Baker	623-0624

Structural Integration

Leland Austin	741-0038

Structural Neuro-emotional Healing

Eric C. Amberg	422-4880

Tai Chi

Michael Gillespie	484-4728
Peaceful Dragon School of Tai Chi Chuan & Chi Kung	741-0695
Aiji K. Pipho	971-9033
Gentle Tiger Academy of Tai Chi Chuan	810/227-4058

Tarot Card Reading

Jeanne Adwani	662-8909
Vivienne Cardini	971-8000
Therese Stanton	485-0819

Trager Psychophysical Integration

Eileen Dickinson	717-4145
Villabeth Taylor	995-8866

Transpersonal Psychotherapy

Aura Glaser	994-1363
Brian O'Donnell	663-1095
Nancy Warren	449-8133
Lisa Wolf	930-0864

Voice Development Education

Norma Gentile	332-4606
Jane R. Heirich	761-2135
Deborah Klobuchar	769-7815
Kathleen Moore	668-8146

Water Therapy

Tom Egan	975-4431

Women's Counseling

Erica Dutton	677-3056
Diane Evans	971-0795
Laurie Krauth	996-9111, x 234
Laura Sanders	662-3509
Soundings: A Center For Women	973-7723

Women's Health Care

Mary Laurel Reynolds	995-3377
Audrey Simon	741-9706

Women's Spirituality

Mary Laurel Reynolds	995-3377
Soundings: A Center For Women	973-7723

Yoga Dance

Inward Bound	971-8562

Yoga Instruction

Laurie Blakeney	663-7612
Suzanne Willets Brooks	482-2607
Inward Bound	971-8562
Rebecca Kleinheksel	657-4144
Donna Pointer	662-5026
David Rosenberg	662-6282
Ema Stefanova	665-7801
Diane L. Stevens	487-3288
Zen Buddhist Temple	761-6520

Yoga For Seniors

Suzanne Willets Brooks	482-2607
Donna Pointer	662-5026

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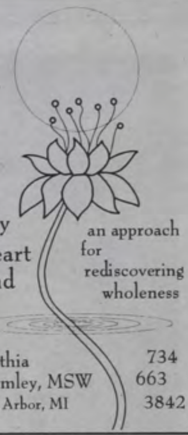

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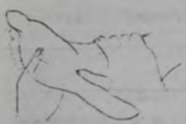

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The Crazy Wisdom Calendar

Photo by Linda Lawson

Leland and Khita Austin are Ann Arbor's husband-and-wife Rolfers. Here they are shown doing deep integrative work with their son, Mekiah.

Acupressure, Reflexology & Shiatsu

Shiatsu Workshop at Ann Arbor Institute of Massage Therapy with Jane Anderson • April 14-16, 8:30-5:00 each day • This introductory course of the Japanese healing art is a system for healing and health maintenance. With its beginning in 200 B.C., it is widely practiced today. In class, the student will learn basic oriental philosophy, location of meridians as well as some basic acupressure that can be integrated into other massage work. $325. Call 677-4430 or fax 677-4520.

Reflexology with Gloria Zimet through Natural Healing Center • Six evenings in mid-February through the first half of March, 7:00-10:00 p.m. • The objective of this hands-on workshop is to teach the essentials of a thorough reflexology foot massage to those who plan to use this skill for the benefit of their friends and/or family members. Each week, different hand positions and movements will be demonstrated and there will be ample time to practice on one another. Limited to 6. $250. Call 973-8290.

Self-Acupressure with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Feb. 18, 6:00-8:30 p.m. • There are some easy steps that you can use to help relieve stress related tension. This class will introduce some to the potent points on the meridians (energy pathways). With the touch of one's own hand, using massage, gentle pressure, and focused intent, one can facilitate the release of tension promoting the circulation of one's Chi in that area. Students will focus on the techniques of acupressure and the acupressure potent points that release physical tension. $50. Call 741-0695; www.peacefuldragonschool.com.

Animals & Healing

Animals and Healing with Cindy Klement • Jan. 27, 7:00 p.m. • As a movement toward greater health sweeps the country, people are not only taking a second look at their own lifestyles, but also at the fitness of their animal friends. By using herbs, we can help our pets be happy, healthy companions! $10. Call 975-2444.

Energy Healing with Animals with Ray O. Golden through Center for Intuitive Health • Jan. 15 and 17, Mar. 18 and 20 or April 22 and 24; 9:00-6:00 on Saturday, 7:00-9:30 p.m. on Monday • This class is oriented toward working with animals. The first day is the traditional Reiki One class that can be waived if you have had Reiki from a traditionally trained Reiki master. The second day is focused on using Reiki with animals. Only people are to attend the class. For cost, call 663-9724.

Artist's Way

The Artist's Way with Jill Blixt • 13 Thursdays beginning Feb. 4, 6:30-10:00 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a hand-crafted life no matter what form it takes. $30 per week includes suppers and art supplies. Call 665-4577.

The Artist's Way: A Spiritual Path to Creativity with Laura Massaro • 8-week groups offered regularly • Based on Julia Cameron's book, *The Artist's Way*, this workshop is for artists and non-artists alike. Explore creativity in everyday life and the arts as you claim your creative self. Discussion, meditation and journal writing. $160 with partial scholarships available. Call 973-7723; http://comnet.org/local/orgs/helpsource.

Artist's Way Workshop with Andrew Taylor • Various 13-week sessions offered • The Artist's Way is a time-tested, proven to work process. It guides both artists and non-artists and it helps them to break through their creativity blocks, systematically achieve their goals and, in the realm of reality, create the lives of their most impassioned dreams. $15 per session, $10 for students. Other discounts offered. For more information, call 669-4262; drewman42@yahoo.com.

Art & Craft

Calligraphy Workshop at the Zen Buddhist Temple with Reverend Nonin Chowaney • Mar. 25 • Taught by Zen priest visiting from the Nebraska Zen Center. There will be a sale of unframed original zen calligraphy at reasonable prices by Nonin. $60 includes a vegetarian lunch. Call 761-6520.

Astrology

Introduction to Astrology presented by the Academy of Astrology with Mary Beam • 8 weeks beginning Jan. 10, 7:00-9:30 p.m. • Students will learn astrology fundamentals: conceptual basis for astrology, planets, signs, chart wheel, houses, astrological language and general information. $98. Call 434-1568 or 517-321-1906.

Me ngs of the Astrology Study Group • Jan. 16, Feb. 13, March 12, April 16; 3:00-5:00 p.m This group is an informal and friendly gathering of serious astrology students and profes- ; who use their association for networking, engaging speakers, book recommendations and abbling (cheerfully chatting about astrology). We are planning to have open forum discus- nd will be joined at various times by long-time area professionals, such as Richard Smoot, ne and Deborah Kaye. Astrologers of all levels welcome. Cost is free. Call B. Rose Fine at 43 55; brosefine@aol.com.

dywork & Bodymind Therapies

Ke Ala Hoku: Hawaiian Sacred Temple Energy/Bodywork Ongoing Training Classes lani Galbraith-Kuzma and Tom Kuzma • Alternate Sundays, 9:00-5:00 • Students e a thorough introduction to the foundation and philosophy of this heart-centered sacred /bodywork. We encourage students to attend four to six classes prior to beginning their ractice. Further classes increase refinement, personally as well as in the work. No experi- equired - only an open heart and willingness to see each individual as sacred. $111 per Call 477-9343; lomilomilomi@yahoo.com.

luction to Polarity Therapy: Level One with John Bodary, Karen Kerns and Renee • 8 Mondays beginning March 6 • Introduction to therapy and hands-on work to assist to move their energy through blocks that cause mental, emotional or physical disorders. les 8 private sessions. $700. Call 313-582-5034.

ork Chiropractic Lecture Series with Robert Koliner • These talks provide an introduc- the practice and philosophy of Network Spinal Analysis, and offer an explanation of how etwork of gentle chiropractic techniques can assist you to release physical, chemical and onal stress and achieve optimal health. Each lecture begins at 8:00 p.m. Cost is free. Call 76 908; naetdoc@aol.com.

3 • Initiating a healing process
17 • How children benefit from chiropractic care
7 • Network chiropractic's role in your health care plan
21 • Health care in the U.S.
6 • Crafting a wellness model for your health
20 • Why medicine is now embracing alternative health care
3 • The relationship between posture and consciousness
17 • Understanding the information highway of the body

Introductory Workshop on the Feldenkrais Method with Katherine Rogers • This is a ment re-education method that teaches people how to regain freedom of movement and ility. The method promotes recovery from and prevention of injuries, particularly repetitive injuries. Performers and athletes benefit through increased coordination and more efficient ment. Cost is free. For dates and times, call 971-5285; kathart1@aol.com.

enkrais: Awareness through Movement with Katherine Rogers • Monday, 6:30-7:30 • See above description. In this class, emphasis is placed on doing only what can be done and using visualization for anything that is painful or too difficult. Appropriate for all ages hysical conditions. $100 per class. Call 971-5285; kathart1@aol.com.

enkrais Method: Awareness through Movement with Inge Gaiser • Six-week sessions uesday or Wednesday evenings beginning Jan. 18 or 19, Feb. 29 or March 1 • Gentle d sequences of movement to develop efficient, effortless movement and improve perfor- e. Ease pain, stiffness and chronic tension by learning to change habitual movement pat- . $10 for drop-in or $50 for 6 weeks. Call 663-9166; james.svensson@prodigy.net.

rity Therapy Practitioner Course through The Ann Arbor Center for Holistic Health Traditional Wisdom with Linda Diane Feldt and John Gutoskey • Begins Sept. 2000 • 665 hour program exceeds the standards developed by the American Polarity Therapy Asso- on and meets the requirements for recognition as a Registered Polarity Practitioner, as well as urrent requirements for National Certification in Therapeutic Massage and Bodywork. The ram is 10 weekends per year for two years, some evening classes, clinical work and supervi- Polarity Therapy is based on the concept that the body, mind, emotions and spirit are inter- ndent and that there are simple and effective techniques and understandings that can en- e health and wellness. As a foundation for understanding energy medicine, Polarity Therapy ins unique in its depth of wisdom combined with simple principles. It can be used as a lar approach to wellness or in combination with other approaches. For more information ost, call 662-4902; holistic@adeptsys.com; www.adeptsys.com/holistic.

oduction to Energy-Based Cranial Sacral Therapy with Jan Pemberton • April 7-9, -5:00 • This is an excellent class for those who have never explored cranial work as well as hose who would like to deepen their awareness of the cranial system. Class size is limited.). Call 973-2013.

ander Technique: Freeing Your Body and Enhancing Your Day with Alice Greminger ursdays, 7:30 p.m. • Alexander students learn a process of changing how they move, freeing from tension patterns and regaining freedom of movement, balance and support we all as children. Activities as varied as walking, computer work, performing and injury recov- nd prevention all benefit from Alexander study. Improve coordination while doing activities, ng emotions and creativity. Free introductory class. Class cost determined by enrollment. 665-0849.

r Levine's Somatic Experiencing Training with Chandana Becker • 3-hour lecture on il 28 and day-long workshop on April 29 • This gentle, verbally facilitated therapy in- ses sensation-based awareness through felt sense and teaches how to titrate the discharge of nd energy in the autonomic nervous system. The goal is to renegotiate trauma in a context of ty, containment and adequate resources. Health and helping professionals from all disciplines ome. $10 for Friday; $125 for Saturday. Call Sandra Papiez at 313-277-0151 or Lanah Con- e at 248-354-2289; rashmika@flash.net.

oduction to Trager Bodywork with Eileen Dickinson • Feb. 9, Mar. 14 or April 13, 7:00- p.m. • Experience and learn about this intuitive approach to bodywork, which utilizes move- t, touch and a meditative state. As your body releases tension effortlessly, it feels lighter, more ious and moves with ease. Trager is a wonderful process for facilitating profound relaxation ell as feeling energized. Cost is free. Call 717-4145; edickins@umich.edu.

Buddhist Teachings & Buddhist Meditation

For more workshops and classes on meditation, see Meditation.

Guide to Bodhisattva's Way of Life with Gelek Rinpoche through Jewel Heart • Ongoing Tuesdays, 7:30 p.m. • Gelek Rinpoche continues with teachings based upon this text by 8th century author Shantideva. A bodhisattva is one who has committed his/her entire life to becoming enlightened in order to help all beings become free from suffering. All welcome. Donations accepted. Call 994-6139 or 994-3387; office@jewelheart.org.

Meditation through Jewel Heart • Ongoing Sundays, 11:00-12:15 • Concentrated meditation, taught in the Tibetan Buddhist tradition, is directed at bringing awareness while stabilizing the mind. A tamed and trained mind is capable of concentrating on any material presented analytically and can then hold the focus to the point of the subject matter as well as steep in its realizations. Open to all, beginners through advanced. Donations accepted. Call 994-6139 or 994-3387; office@jewelheart.org.

White Tara Practice through Jewel Heart • Jan. 2, Feb. 6, Mar. 5, April 2; 11:00-12:15 • White Tara practice is a guided meditation focusing on healing and long life qualities through White Tara as the embodiment of enlightened, compassionate activity. These sessions are particularly dedicated towards the long life of Gelek Rinpoche. All welcome. Donations accepted. Call 994-6139 or 994-3387; office@jewelheart.org.

Lam Rim through Jewel Heart • Jan. 30, Feb. 27, Mar. 26, April 30; 1:30-3:30 p.m. • The Lam Rim is the essence of all the Buddha's teachings laid out in a step by step fashion. Through analysis and meditation of its methods, one develops realistic tools to apply to the challenges of everyday life ultimately directed to the attainment of Buddhahood for the benefit of all. All welcome. Donations accepted. Call 994-6139 or 994-3387; office@jewelheart.org.

Yeshe Tsogyel Empowerment through Tsogyel-gar Hermitage with Naljorma Sangchen Tsomo • Jan. 22, 1:30-5:00 • Empowerment is the very heart of the Tantric path. In empowerment, one comes face to face with the primal purity and luminous spontaneous presence of the divine. Empowerment also opens the door to the methods of Tantric practice and catalyzes our inherent mind of wisdom and bliss. Yeshe Tsogyel is the female Buddha who is the Queen of all Dakinis, or Wisdom Women of the Tantric realm. She is also the Mother of all Buddhas - the open spacious passion of innate pure potentiality. Through her empowerment, we not only encounter the Great Bliss Queen, but discover the possibility of incarnating her sphere of wisdom. Donations accepted. Call 741-1084; information@flamingjewel.org.

Here, There and Everywhere: The Radical Methods of the Tantric Path through Tsogyel-gar Hermitage with Traktung Rinpoche and Adzom Rinpoche • Jan. 12, 7:30-8:30 p.m. at the Crazy Wisdom Bookstore Meeting Room • The methods of Tantric Buddhism in the Nyingma tradition, the oldest lineage of Tibetan Buddhism, allow for the discovery of our own primordial mind of wisdom and bliss in the midst of everyday life and events. In this teaching, Traktung Rinpoche and Adzom Rinpoche introduce the clarity of the Tantric view which ends the battle between worldly and spiritual, being and becoming. Cost is free. Call 741-1084; information@flamingjewel.org.

Kissed by the Sky of Wonder: Teachings of Yogi Shabkar through Tsogyel-gar Hermitage with Traktung Rinpoche and Adzom Rinpoche • Jan. 26, 7:30-8:30 p.m. at the Crazy Wisdom Meeting Room • This multimedia presentation of the teaching poetry of Yogi Shabkar is designed to convey the flavor and feeling of this great Tantric mystic's work. Too much intellectualization dulls the mind and numbs the heart and so this mixture of awareness song, slides and imagery as well as teaching poetry is a new experiment in transmitting the Tantric teachings. Cost is free. Call 741-1084; information@flamingjewel.org.

> If a man does not keep pace with his companions perhaps it is because he hears a different drummer. Let him step to the music he hears, however measured or far away.
>
> —— Henry David Thoreau

Dorje Zampa: The Thunderbolt Bridge of Tantra through Tsogyel-gar Hermitage with Traktung Rinpoche and Adzom Rinpoche • Feb. 9, 7:30-8:30 p.m. at the Crazy Wisdom Meeting Room • The Thunderbolt Bridge is made up of the radically powerful and transformative methods of awareness song and Tantric envisionment. Together, these bridge the practitioner's everyday world and the world of primal purity and luminous spontaneous presence. These methods, that are the heart of the way of Tantra, are introduced. Cost is free. Call 741-1084; information@flamingjewel.org.

Sky Dancer: In the Realm of the Tantric Wisdom Women through Tsogyel-gar Hermitage with Traktung Rinpoche and Adzom Rinpoche • Feb. 23, 7:30-8:30 p.m. at the Crazy Wisdom Meeting Room • Woman is Dakini: The Dakini, or Sky Dancer, is the Wisdom Woman of the Tantric tradition. She is the womb of Buddhahood - a vast open space of luminous passion and pure potentiality. She is the spontaneous bright of joy and the dance of each moment. Through awareness song, imagery and envisionment, encounter the dimension of Tantra's secret female Buddhas. Cost is free. Call 741-1084; information@flamingjewel.org.

Laughter of Indestructible Joy: The Amazing Life and Awareness Song of Padmasambhava through Tsogyel-gar Hermitage with Traktung Rinpoche and Adzom Rinpoche • Mar. 8, 7:30-8:30 p.m. at the Crazy Wisdom Meeting Room • Padmasambhava was the wandering yogi and adept who established Tantric Buddhism in Tibet and the Himalayan region in the eighth century. He was an example of the non-monastic and non-celibate style of the Mahasiddhas and Ngakpas who integrated the magic of Tantra into every moment of life and found liberation in any and all circumstances. The mantra or awareness song of Padmasambhava has the power to transform negativity and liberate the mind. Cost is free. Call 741-1084; information@flamingjewel.org.

Buddhist Teachings and Meditation continued

Unraveling the Gordion Knot: The Radical Teachings of Dzogchen through Tsogyel-gar Hermitage with Traktung Rinpoche and Adzom Rinpoche • Mar. 22, 7:30-8:30 p.m. at the Crazy Wisdom Meeting Room • The teachings of Dzogchen are the very pinnacle of the Buddhist path and present a view of human potential that is vast like an autumn sky and deep like the ocean. In the sky like openness of natural wisdom, the yogi finds her or himself aloft on the breezes of the world's appearance and ornamented by the rainbow of the emotions. In the ocean's deep the seeming problem of life is discovered to never have existed at all! Cost is free. Call 741-1084; information@flamingjewel.org.

Ecstatic Spontaneity: The Inner Nature of Sitting Meditation through Tsogyel-gar Hermitage with Traktung Rinpoche and Adzom Rinpoche • April 12, 7:30-8:30 p.m. at Crazy Wisdom Meeting Room • Sitting meditation is one of the most well known and least understood practices of the Buddhist tradition. As a relaxation technique, its true depths are missed and there really are much better ways to relax! By exploring the Tantric and Dzogchen approach to sitting meditation, Traktung Rinpoche reveals the dimension of radical possibility inherent in this simplest of meditations. For the beginner or advanced practitioner. Cost is free. Call 741-1084; information@flamingjewel.org.

> I have often been asked what I thought was the secret of Buddha's smile. It is—it can only be—that he smiles at himself for searching all those years for what he already possessed.
>
> ——Paul Brunton

Crazy Wisdom and Eccentric Yogis: The Mirth of Divine Madness through Tsogyel-gar Hermitage with Traktung Rinpoche and Adzom Rinpoche • April 26, 7:30-8:30 p.m. at Crazy Wisdom• The wisdom eccentrics of Tantric Buddhism, the Mahasiddhas, danced on the edges of lightning and shattered the taboo against unreasonable happiness. These women and men of uninhibited and unbridled exuberance have much to tell us if we will allow their teaching stories and poems to slip through the barbed wire and barricades of the fortress of tedious mediocrity. Come and taste the lightning! Cost is free. Call 741-1084.

Introductory Zen Course through Zen Buddhist Temple • Five Thursdays from 6:15-8:30 p.m. beginning Jan. 13, Feb. 24 and April 6 • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, not the means for something else. Course includes simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 for students. Call 761-6520.

Life of the Buddha Study Group through Zen Buddhist Temple • Feb. 13, 11:30-1:00 • $10. Call 761-6520.

Retreats through Zen Buddhist Temple • Feb. 18-19, Mar. 17-18, April 13-16 • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60 for one day, $180 for three days. Call 761-6520.

Overnight Introductory Meditation Course through Zen Buddhist Temple • Mar. 3-4, Friday at 7:00 p.m. through Saturday at 4:00 p.m. • For those who cannot attend the Thursday evening courses or who prefer the overnight retreat in order to learn meditation. $160 includes instruction, accommodation and vegetarian meals. Call 761-6520.

Sunday Services through Zen Buddhist Temple • Sundays, 9:30-11:00 a.m. or 5:00-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by a talk. Afternoon dharma service has one period of sitting meditation followed by walking meditation, chanting and a talk. All welcome. Donations accepted. Call 761-6520.

Study Group on the Core Teachings of Buddhism through Zen Buddhist Temple • Jan. 9 and April 9, 11:30-1:00 • $10. Call 761-6520.

Buddha's Enlightenment Day through Zen Buddhist Temple • Jan. 15, 8:00 p.m. through 4:00 a.m. • Commemorate this day with an all-night sitting. Come and meditate to awaken to your true nature in imitation of Shakyamuni Buddha, who sat under the bodhi tree and came to freedom. Sit from 8-10 p.m. and/or 10-midnight. After midnight, please plan to stay until 4 a.m. Open to all. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit or money. Call 761-6520.

Celts

Celtic Landscapes with Sue Schreiber through Weber Center • March 15, 6:30-8:30 p.m. • We will look at images of the Celtic landscape with contemporary eyes, taking in the mystery and sensing our own place in it all. $5. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Ceremonies & Celebrations

A Beginner's Fire Ceremony with Mateyo Empie • Jan. 19, Feb. 16, Mar. 15, April 19; 7:00-10:00 p.m. • A description of the January ceremony: "Though we feel the return of the sun's light and warmth, we easily see that the temperature and vital life energy continue to decline as the Wheel turns to the third, and last, gateway to the depths, that of initiation. Our child of promise, well-born at Yule, would now prosper from connection to the wisdom of the spirit, to help the developing consciousness see beyond the merely physical and perceive with the eyes of the heart. Accordingly, this month we will heal with the fire ceremony and receive the ancient Inkan rites of the seer in this energetic and symbolic work reconnecting us with our deep selves." A potluck follows. $24. Call 663-5505; snakewillo@aol.com.

Advanced Fire Ceremony with Mateyo Empie • Jan. 5, Feb. 2, Mar. 1, April 5; 7:00-10:00 p.m. • The fire ceremony is the most effective and fun way to heal ourselves and change our world. Present and past students of Peruvian medicine ways are welcome to join us in this energetic and symbolic working drawn from European and Inkan traditions that reconnect us with our Deep Selves and release restorative forces, producing immediate and practical changes in our lives. The evening's activities will be decided by attendees. A potluck follows. $24 or $20 for enrolled students. Call 663-5505; snakewillo@aol.com.

Shamanic Empowerment: A Transformative Weekend Workshop with Mateyo Empie • Jan. 21-23 and April 21-23; Friday evening, all day Saturday, Sunday until 3 p.m. • An introduction to shamanic healing practices ancient and modern. Learn grounding, creating sacred space, using your luminous healing body, channeling healing energy, setting boundaries in relationships, raising spiritual energy, the Peruvian fire ceremony, types of spirit guides, vitalizing and repairing the aura, and other tools to heal and empower ourselves. This class is the first in a year-long series around the Medicine Wheel of healing, mystery and vision. $225 with a $25 discount for early payment. Call 663-5505; snakewillo@aol.com.

Sunday Candlelight Ceremony through Lighthouse Center • Sundays, 6:00-7:00 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations. No cost. Call Prachi at 449-4381.

Channeling

Getting To Know Your Guides with Shala Kilmer • 7 weeks beginning Mar. 9, 6:30-9:00 p.m. • Learn the names of your spirit guides as well as how they help you. Find out how to communicate with them to accomplish your earthly and spiritual goals. Limited to 10 students. $250. Call 248-258-8287.

Channeling Level II with Shala Kilmer • 6 weeks starting Jan. 13, 6:30-9:30 p.m. • You decide what kinds of spirit you want to channel, including your own higher self or God within. Limited to 10 students. $240. Call 248-258-8287.

Finding Your Soul Mate with Shala Kilmer • Jan. 22, 10:00-5:00 • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to 12 people. Noon meal and snacks provided. $140. Call 248-258-8287.

Message Circle with Shala Kilmer • Mar. 25, 7:00-9:00 p.m. • Message just for you from the spirit world will be channeled. Others in the groups are welcome to share information they receive for anyone. Plan on having fun and gaining valuable insights. $20. Call 248-258-8287.

Basic Channeling with Shala Kilmer • 8 weeks starting Jan. 13, 6:30-9:30 • Channelers allow loving spirits to communicate using the channel's voice and body. You will be channeling from the first time you try. Limited to 10 students. $335. Call 248-258-8287.

> Heaven is my father and earth my mother and even such a small creature as I finds an intimate place in its midst. That which extends throughout the universe, I regard as my body and that which directs the universe, I regard as my nature. All people are my brothers and sisters and all things are my companions.
>
> ——Chang Tsai

Pat Rodegast Channeling Emmanuel sponsored by Turning Points and Crazy Wisdom Bookstore • Mar. 23, 8:00 p.m. at the Crazy Wisdom Bookstore and Tea Room • Emmanuel has been channelled in workshops and seminars around the country for many years. There are also 3 books of Emmanuel's teachings: *Emmanuel's Book: A Manual for Living Comfortably in the Cosmos*, *Emmanuel's Book 2: The Choice for Love* and *Emmanuel's Book 3: What is an Angel Doing Here*. Free. Call Turning Points at 663-5853.

Crystal Clear Expressions Channeling Evening - Messages for the Millennium with Nanci Rose Gerler • Feb. 7, Mar. 6, April 10 at the Crazy Wisdom Bookstore Meeting Room • Nanci Rose channels messages of spiritual guidance and empowerment for this time of change from angel guides and masters. $12. Call 996-8799.

Photo by Linda Lawson

Nanci Rose Gerler - psychic and intuitive.

els in Earthsuits: A One-Day Channeled Workshop with Aaron and Barbara Brodsky ugh Deep Spring Center • Jan. 15 or 22 (date not finalized), 9:00-4:30 • This workshop Aaron and Barbara Brodsky will address the dilemma we all face. We are all literally ls, in Aaron's perception, yet we dwell in these earthsuits. How do we live our lives with easing wisdom and love, denying neither the angel nor the human? The day will be a bination of talks from Aaron, discussion and some meditation. Lunch will be pot luck. $80 gested cost. No one will be excluded for financial reasons. Call Hal at 971-3455; @deepspring.org.

n House Channeling Sessions with Aaron and Barbara Brodsky of Deep Spring Center ost Wednesday evenings • Aaron is a Being of Light, a deeply loving and wise spirit who hes with humor and compassion. He is channeled throughout the world by Barbara dsky. At each session, Aaron will give a talk and there will be time for questions and vers as well as a social period. Donations accepted. Call 971-3455.

hinese Medicine

lement Theory with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Kung • Fridays, Mar. 17-31, 6:00-8:00 p.m. • The 5 Element Theory is the foundation of itional Chinese medicine. The Chinese identifications within the character of the word nent implies movement, a coming together, exchange and change. Learning about this ory helps to bring clarity in comprehending the qualities associated with the organic cess of nature. The increasingly poignant and revealing concept of the complementary or erative cycle as well as a destructive, degenerative or controlling cycle relative to our stence is also expressed. $75. Call 741-0695; www.peacefuldragonschool.com.

hronic Pain, Chronic Illness

ing with Less Chronic Pain with Kathy Blough and Mark Blough • Wednesdays beging Jan. 26, 12:30-2:30 p.m. • This group is for individuals who suffer with chronic pain l wish to learn effective, holistic and new approaches to lessen pain and increase emonal and physical well-being. $45 per group. Call 327-2040 or 930-0864.

pus Support Group with Erica Dutton • Fourth Monday of each month, Noon-1:30 • This pport group is open to people with Systemic Lupus Erythematosus (SLE) or commonly own as Lupus. It is also open to family and friends. The focus is on support, education and ring. Free. Call 677-3056; eldutton@aol.com.

unseling Group for Women with Chronic Illness and Pain with Erica Dutton • Tuesdays, 0-6:00 p.m. • This weekly group is open to women with any kind of chronic illness or pain. ronic illness and pain can be an isolating and life-changing event. It can also be a time to evaluate your life and create a new one. The group focuses on coping effectively with the sent realities and picking up the pieces, moving forward and creating a new and satisfying for the future. Come and share experiences and learn from other women. $35 per session. ll 677-3056; eldutton@aol.com.

Conferences, Fairs & Festivals

Annual Auction of Goods and Services to Support Those in Need through Zen Buddhist Temple • Feb. 6, 12:30 p.m. • All are welcome to attend this entertaining auction where bids can be made on goods and services donated by our members and friends. Call 761-6520.

ConVocation 2000: Voyage of the Fool - Stepping into Wonder • Feb. 17-20 • Workshops on a variety of pagan and Wiccan topics, lectures and discussion, rituals, hands-on demonstrations from a variety of cultures and traditions, music and movement classes, networking and vendors. Speakers include Donald Michael Kraig, Robin Wood, Phil Farber, Michael Short, Dana Piper, Richard Kaczinski, William Bainbridge, Estelle Daniels and Kerry Wisner. For complete information, call Barbara Hagstrom at 248-544-8086; conchair2000@convocation.org.

Dimensions in Light Festival through Lighthouse Center • Mar. 25, 11:00-7:00 • Second largest metaphysical fair in Michigan with vendors, readers, massage, ear coning, aura photos, free lectures and food. $5. Call Nirmala at 663-2218.

Crystal Healing

Crystal Energies #1: A Transformative Weekend Workshop with Mateyo Empie • Feb. 11-13; Friday evening, all day Saturday, Sunday until 2:00 p.m. • Make friends with the most ancient beings on Mother Earth, the stone people, and use their power to tune, amplify and direct healing energies. Emphasis is on developing healing intuition in a fun, supportive environment while increasing psychic sensitivity. Learn choosing, clearing and programming crystals and diagnosis of aura structures. Advanced levels of study available. Includes a tuned set of healing stones. $225 with a $25 for paying early. Call 663-5505; snakewillo@aol.com.

Death & Dying

The Near Death Experience: What's It Like to Die? with Richard Maurer • 8 Thursdays beginning Feb. 3-April 6, 8:10-9:10 p.m. at the Crazy Wisdom Bookstore Meeting Room • Many people, after having died and been resuscitated, have reported experiencing fantastic journeys beyond death, to heaven, hell and other realms. This class takes a close look at their experiences, in an objective manner, and what these experiences mean, as well as considering possible explanations for them. $30. Call 484-5123; infotaxo@aol.com.

Dreams

Leila Circle with Suzanne Eastman • Jan. 7, Feb. 4, Mar. 3, April 7; 7:30-11:00 p.m. • Discover the wisdom of your dreams. Reenact your puzzling dreams through psychodrama or reenter them through shamanic trance. $25. Call 973-0299; suzanne@home.msen.com.

Dream Workshop with Rebecca Mullen • Mondays, 7:30 • Dreams reveal unknown aspects of our psyche and often unknown parts of ourselves. They expand our conscious awareness. $5. Call 662-5925.

Dreams: Their Sacred Images and Meaning with Patricia Danks through Weber Center • Jan. 21 at 7:30 p.m. through Jan. 23 at 1:00 p.m. • Every dream uses a universal language of symbols and images that can be understood in the context of one's waking life. Participants will learn techniques to recall dreams and images, begin or develop a dream diary, understand persistent dreams and analyze dream personalities. $125. Call 517-266-4000; fax 517-266-4004; Webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Drumming

Ubaka Hill: Drumming at the Edge Intensive through Upland Hills Ecological Awareness Center • April 14-16 • Explore the power of the drum with one of the country's most noted women drummers. For cost, call 248-693-1021; uheac@igc.org.

Beginning Afro-Cuban Hand Drumming with Chris Gates • Classes begin Jan. 4, Feb. 8, Mar. 7 and April 4; 7:00-8:15 p.m. on Tuesdays • A month-long introduction to basic hand drumming techniques and traditional Afro-Cuban rhythms. Classes meet once per week to learn and play rhythms on congos, djembes and other supporting percussion. No experience necessary. Instruments provided. $36. Call 327-1892.

Nature of Rhythms with O. Andrew Schreiber • Wednesdays, Jan. 12-Feb. 23 and Mar. 8-April 19; 7:30-9:00 • The intention of this class is to deepen our awareness and appreciation for the rhythms of natural cycles as well as strengthen our connection with the earth through drumming. We will learn hand drum rhythms, play rhythmic games and explore rhythmic concepts and various instruments. $70-$100 sliding scale. Call 973-6975; andrew@amerinet.com.

Energy Healing & Esoteric Anatomy

Spiritual Anatomy: Breathwork with Linda Sayer and Elizabeth Alberda through Complete Chiropractic and Massage Therapy • Jan. 22 and Mar. 18, 10:00-5:00 • Dolphins use 100% of their lung capacity which allows them to flow and be flexible in their emotional states of being; no longer than 14 seconds in a state of anger, rage, sadness, jealousy before they return to a state of unconditional love. During this workshop, you will receive a spiritual practice of breath work to release holding patterns in the feeling realm, to increase your life force and to balance the hemispheres of the brain for more creativity and well being. $150. Call 677-1900; ccmtofannarbor@aol.com.

Chakra Reading and Healing with Sheila Layla Ritter • Jan. 25 and Feb. 22, 7:00-9:00 p.m. • Each participant will receive an individual reading and healing of their chakras. They will have the chance to learn from each other's readings, as well as to learn some self-care methods. Limited to 5. $25. Call 973-0684; layla@m-net.arbornet.org.

The Crazy Wisdom Calendar

Energy Healing and Esoteric Anatomy

Touch and the 3 Gunas: Focus on Sensory Energy Patterns with Cindy Rawlinson • Jan. 18-22, 9:00-5:30 each day • Emphasis will be on the layers of touch and how to access these layers. This will lead to a deeper sense of the energy pattern of clients and thereby effect the patterns towards balance. $490. Call 313-582-5034.

Healing Circle • Fourth Tuesday of each month, 8:30 p.m. • Some want to help by helping others heal. Some are searching for help in healing. A person motivated by either reason will find a place at the Healing Circle. Techniques from the shamanic traditions of South America will be used somewhat but in conjunction with the methods of Huna traditions from Hawaii. The specific family is Kahili. Want to help others heal or want to receive healing? Join us. Cost is love offering. Call 449-4239.

> Every man takes the limits of his field of vision
> for the limits of the world.
>
> - Arthur Schopenhauer

Magnified Healing with Michelle Gouffray • Mar. 25, 9:30-5:00 • This healing was used exclusively by the ascended masters until 1983. Lady master Kwan Yin in 1992 brought forth an expanded form of magnified healing for the spiritual advancement of humanity and the earth. This workshop will align spiritual centers, clear the light channel, increase energy in hands, be used for healing self and others. Initiation with flower essences. Certification. $98. Call Jan at 973-2013; gouffraymichelle@hotmail.com.

Seven Major Chakras and Beyond with Ema Stefanova • Dates and times to be announced • The yoga psychic physiology will be explained: the major energy channels and the major energy centers or chakras. Guided meditation and relaxation in chakra purification and awakening will be practiced. $60. Call 665-7801; emastefanova@compuserve.com.

Feng Shui

Feng Shui Basics with Lynn Meadows • Feb. 2, 7:00-9:00 p.m.; April 5, 7:00-9:00 p.m.; Feb. 5, 10:00-Noon; or April 8, 10:00-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles. Based on self-identified goals, each participant will also receive 3 adjustments to implement in their home or office. $30 with discounts available. Call 433-9102.

Feng Shui Intensive with Lynn Meadows • Feb. 5 or April 8, 1:00-5:00 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with recommendations to implement in that space. $60 with discounts available. At Crazy Wisdom Bookstore Meeting Room. Call 433-9102.

Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • Feb. 9 or April 11, 7:00-9:00 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony. Fabrics are an easy way to alter an unbalanced environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $30 with discounts available. Call 433-9102.

Healing Spaces with Nina Howard • Mar. 19, 10:30-4:30 • By creating healing spaces, we offer a basic understanding of how design, light, color and sound affect your emotions. We'll discuss spatial relationships and nature indoors and how to create harmony and balance in our environments. $75. Call 747-8517; nina@bellanina.com.

Introduction to Feng Shui with Wendy Warrick • Jan. 19 and April 5, 7:00-8:00 p.m. • What is Feng Shui? What can it do for you and your environment? Learn what it's all about - how this ancient art can facilitate an environment that is clear, balanced and supportive. Cost is free. Call 975-4431.

Feng Shui Basics, Part I with Wendy Warrick • Jan. 26 and April 12, 7:00-9:00 p.m. • What are the ways to rebalance and harmonize our environment? Learn the basic cues as well as some more creative ones and how and when to use them. Also covered is an in-depth discussion of the life force inherent in everything and how to work with it for maximum results with your cures. $30. Call 975-4431.

Feng Shui Basics, Part II with Wendy Warrick • Feb. 9 and April 19, 7:00-9:00 p.m. • As a continuation of Part I, we'll expand upon our discussion of chi by learning to use the mystical symbol, the Ba-Gua, to diagnose and resolve chi imbalances using the cures discussed in Part I. Bring a photo of a room and its floorplan for analysis. $30. Call 975-4431.

Cultivating Good Chi through Non-Toxic and Natural Home Furnishings with Wendy Warrick • Feb. 23, 7:00-9:00 p.m. • What are non-toxic and natural materials and how can they be used to help the feng shui of your home or office? We'll cover this as well as ways to incorporate them into your feng shui and decorating plans. $30. Call 975-4431.

Feng Shui and Spiritual Practice with Wendy Warrick • Mar. 8, 7:00-8:00 p.m. • What is the connection between Feng Shui and spiritual practice and how can it be used to enhance this area of your life? We'll go over various rituals and cures to promote growth and deepening of spiritual practice as well as helping you create your own unique sacred space within your home. $10. Call 975-4431.

Feng Shui and Gardening with Wendy Warrick • Mar. 22, 7:00-9:00 p.m. • Spring is a great time to expand the good chi in your home to your whole yard by using the transformative power of Feng Shui in the outdoors. Selection and placement of plants, flowers and trees to effect harmony, balance, protection and more will be covered. $30. Call 975-4431.

Health & Beauty

Facing the Options with Nina Howard • Feb. 17 • A lecture on holistic and medically based anti-aging skin care options including Belavi Facelift Massage, live enzyme facials and non-invasive microdermabrasion peels. Drawing for a free microdermabrasion. Cost is free. Call 747-8517; nina@bellanina.com.

Belavi Facelift Seminar with Nina Howard • Jan. 29-31 • Designed for massage therapists, estheticians and health professionals, this 3-day seminar teaches a lifting and framing technique for facial muscles using acupressure, lymph drainage and contouring strokes. This is a certification program and a wonderful service to provide to your client. $650. Call 747-8517; nina@bellanina.com.

Herbs, Plants & the Garden

Herbal Wisdom Certificate Program with Linda Diane Feldt through The Ann Arbor Center for Holistic Health and Traditional Wisdom • Begins Jan. 8 and lasts until November 2001 • This 370-hour program is designed for students wanting an in-depth experience of herbology and for those interested in the practice of herbology. The classes are offered 20 evenings and 6 Saturdays per year for 2 years. For more information, call 662-4902.

Herbal Wisdom Series Sponsored by The People's Food Co-op. Presented by Linda Diane Feldt • First Tuesday of each month, 7:30-9:30 •January: Magical Herbs, February: Herbal Allies for Strengthening the Immune System, March: Herbs for Pleasure, Addictions, and Habits, April: Herbal Allies for the Menopausal Years. Call 769-0095.

Bach Flower Remedies and Aromatherapy with Cindy Klement • Feb. 1, 7:00 p.m. • The essence and the essential oil of the plant have remarkable healing abilities. Discover the wonderful health benefits of plants using Bach Flower Remedies and essential oils to enhance any health program. $10. Call 975-2444.

Don't Pull That Weed! with Cindy Klement • April 4, 7:00 p.m. • Before you start plucking weeds this spring, make sure you see this slide presentation featuring some of the most useful little weeds you could want to have growing in your flower beds and gardens. $10. Call 975-2444.

Cooking with Healing Herbs with Leigh Ann Knope • 4 Wednesdays, April 12-May 3; 6:30-9:00 p.m. • Learn how to cook nourishing meals using local healing plants, many of which can be found growing in our yards. Come discuss the benefits of using herbs as food, enjoy creating an herbal meal in my home and have fun! $30 per class. Call 668-2086; knopela@aadl.org.

Introduction to Herbalism: Intensive Series with Leigh Ann Knope • 3 weekends, Feb. 26-27, April 15-16, May 13-14; Saturdays 11:00-5:00, Sundays 1:00-5:00 • Join this fun and experiential series on the medicinal and nutritional uses of local herbs. The series will explore the history of herbal medicine, basic overview of body systems, identification, cultivation and uses of common plants and herbal preparations. $90 per weekend. Call 668-2086; knopela@aadl.org.

Make Your Own Herbal Medicines: Introduction to Herbal Preparations with Leigh Ann Knope • Mar. 5, 12 and 19; Noon-3:00 • In this experiential class, you will learn safe and easy methods for preparing your own herbal products, including herbal teas, tinctures, salves and oils. Come learn about the wonders of our local healing plants! $35 per class. Call 668-2086; knopela@aadl.org.

Holistic Health

Natural Management of Colds and Flu with Kathy Millins-Engelhart of Barefoot Doctors • Jan. 19, 11:30-12:30 • Learn how to tell the difference between colds and flu. Natural treatment approaches will be discussed, including use of echinacea, zinc, elderberry, Chinese herbs and other agents. Knowing when to consider flu shots and antibiotics will also be discussed, with emphasis on knowing when to avoid antibiotics. For cost, call 761-9450.

Anatomy and Physiology with Beth Wiggert through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Tuesdays, Mar. 28-April 11; 6:30-8:00 p.m. • Anatomy and physiology is so fascinating because of the intricacies and interrelationships of all the muscles and organs. Using the visual took of the *Anatomy Coloring Book*, students will playfully learn the body systems, functions and regions in a comprehensive manner. $75. Call 741-0695; www.peacefuldragonschool.com.

dy System Series with Cindy Klement • A popular class that will individually, part by part, lore the human body to help you understand what makes each part tick and what upsets articular system's equilibrium, whether it's a nutritional deficiency or chemical deficiency, plain wrong thinking, stress or even slouching. Each class will explore one body system l focus on the nutritional needs of that body member, along with information presented on plementation and other health practices that may assist in your healing process by complenting your current therapies. You can come to one, several or all classes. $10 each. Call 975-44.

n. 17 • Digestive System
n. 24 • Intestinal System
n. 31 • Respiratory System
b. 7 • Urinary System
b. 21 • Hair, Skin, Nails, Teeth and Special Senses
b. 28 • Nervous System
ar. 6 • Glandular and Reproductive Systems
ar. 13 • Circulatory System
ar. 20 • Lymphatic System
ar. 27 • Structural System

mplete Chiropractic and Massage Therapy Health Essentials with Linda Sayer, Kathleen vorak, Renee Rutz and Kirsten Mowrey • Jan. 29, Feb. 2, 9, 16, and 23, Mar. 2, 8, 15 and • Choose health in this series of 9 classes. Explore how you want to live through our extended ogram. Our goal is to begin a journey that allows you to discover wholeness and health for urself. $150. Call 677-1900.

olistic Health Series with Cindy Klement • A series of classes offered individually. Come to e, several or all of them. Starts at 7:00 p.m. $10. Call 975-2444.
n 18 • Alternative Medicine Cabinet: Raise your family using products from health stores stead of from drug stores.
eb. 3 • Attention Deficit Disorder: Brain foods, circulatory and nervine herbs and supplements sed to reduce symptoms of Adult Attention Deficit Disorder.
eb. 15 • Water: Health Update! Find out how much water to drink and why.
eb. 24 • Arthritis: Explore which foods soothe inflammation and which foods create more fire, s well as herbs and supplements that help rebuild joint tissue.
lar. 16 • Vaccinations: Make an informed decision in dealing with infant shots to influenza accines. Includes a short video and legal information.
lar. 28 • Fasting and Cleansing: When and why to fast with discussion on 8 different pproaches to cleansing elimination channels of the body.
lar. 30 • Spring Allergies: Explore how to build a stronger respiratory system as well as dietary uggestions, herbal remedies and deep breathing exercises.
pril 6 • Constitutional Typing: Explore health problems that arise from imbalances characterstic of the 7 constitutional types, including emotional expression, response to stress and physical lisorders.
pril 13 • Muscle Response Testing: Quick and easy way to learn muscle testing to determine he best foods and supplements for you.

Infant Massage

Infant Massage Classes with Audrey Simon • Wednesday 10:30-noon, 4 week sessions • Learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of this class is to enhance loving communication and bond between

baby and caregiver. $85. Call 741-9706

Integrative Medicine

Non-Invasive Diagnostic Techniques with Cindy Klement • Mar. 9, 7:00 p.m. • Ayurvedic, Chinese, Japanese and other diagnostic techniques will be presented through charts and diagrams providing insight on how to read the pulse, fingernails, tongue, irises and more. $10. Call 975-2444.

A Spiritual Director for Healers with Jonathan Ellis • Jan. 20, 7:30-8:30 p.m. • This hour-long presentation is for healers who want to explore how individual monthly meetings with a spiritual director can help you keep centered in your healing and support your own spiritual growth. Free and open to all. Call 668-6672.

Healing at Home with Clinton L. Greenstone • 8 Mondays, March through May, 7:00-9:00 • This class is to empower you to develop the art of using both conventional and alternative therapies. It helps you get organized in your thinking and in your medicine chest. It will also inspire you to develop a healing approach to your particular symptoms and lifestyle. $100 includes a complementary book. Call 414-9003; lindo@compuserve.com.

Holistic Healing Noon Lecture Series sponsored by The University of Michigan Complementary and Alternative Medicine Research Center • Every third Tuesday • UM CAMRC offers presentations for the health care community by practitioners using different therapeutic practices to promote healing and wellness. Open to the public. For scheduled topics, call 998-7715; camrc@umich.edu.

Holistic Healing Open Research Meetings sponsored by The University of Michigan Complementary and Alternative Medicine Research Center • Every first Friday, 4:00 p.m. • UM CAMRC invites the community to participate in exploring research issues related to investigating the effectiveness of alternative therapeutic practices on wellness and healing. Open to the public. For scheduled topics, call 998-7715; camrc@umich.edu.

University of Michigan Complementary and Alternative Medicine Research Center Volunteer Meeting • Jan. 27, 6:00-7:00 p.m. • People who might like to volunteer at the UM CAMRC are invited to this orientation session where they can meet the Center staff and enjoy free snacks! The Center needs volunteer help with a variety of tasks and welcomes anyone with an interest in complementary and alternative medicine that might have a few hours a week or month to volunteer. Open to the public. For scheduled topics, call 998-7715; camrc@umich.edu.

Intimacy & Relationships

Enriching Couple Growth from the Compost of Daily Life: A Couples' Retreat with Sean Hogan-Downey and Bill Downey through Weber Center • Feb. 11 at 7:30 p.m. through Feb. 13 at 1:00 p.m. • In marital relationships, men and women become aware that they are two very different bodies, minds, hearts and souls. Learn how to resolve issues, improve your communication and listening skills and access your spiritual connection. $250 per couple. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

The Sacred Dance of Everlasting Love: A Class for Couples who Wish to Grow Ever More in Love with Tom Kuzma and Alani Galbraith-Kuzma • Wednesdays, 7:30-9:30 p.m. • Come discover yourselves as expanding, limitless energy: the source of love in an eternally growing relationship. Learn new rhythms and new steps in the spiral dance of partnership. Simple and easy to learn. It will teach you for a lifetime - and if you desire, for all eternity. $25 per couple. Call 477-9343; lomilomilomi@yahoo.com.

The Dance of Relationship: A Class for Singles who Would Like to Explore Partnership with Tom Kuzma and Alani Galbraith-Kuzma • Thursdays, 7:30-9:30 p.m. • Come discover yourself as expanding, unlimited energy and the wellspring of intimate, empowered relationship. Learn new rhythms and new steps in the spiral dance of partnership. Simple and easy to learn, it will teach you for a lifetime - and if you desire, for all eternity. $15. Call 477-9343; lomilomilomi@yahoo.com.

Intuitive Awareness & Psychic Development

Psychic Reading Practice with Anita McKay through Essence Point • Jan. 13, Feb. 10, Mar. 9, April 13; 7:00-9:00 p.m. • Essence Point offers a supportive environment to practice skills learned in psychic classes developed by John Friedlander or learned through the book, *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance*. Participants should be practicing techniques of grounding, running energy, owning the room and blowing pictures. Donations accepted. Call 913-9830.

Free Workshop with a Psychic with Shala Kilmer • Feb. 20, 2:00-4:30 p.m. • Shala Kilmer teaches people to use their own abilities. Results can be seen immediately. Free. Call 248-258-8287.

Basic Psychic Development with Shala Kilmer • 8 Mondays beginning Mar. 6, 6:30-9:00 p.m. • Learn to use your own psychic abilities. Results are immediate and many techniques are taught. $280. Call 248-258-8287.

Intuitive Awareness 1: Awareness with Ray O. Golden of Center for Intuitive Health • Jan. 22-23 or Mar. 11-12, 10:00-5:00 • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-Of-The-Heart (Higher Self), and to do readings from that level. $139 or $129 if paid one week in advance or $119 if you bring 2 or more friends. Call 663-9724.

Intuitive Awareness 2: Deepening Awareness & Skills with Ray O. Golden of Center for Intuitive Health • Mar. 25-26, 10:00-5:00 • Continue to develop your intuitive perception and learn to recognize and heal layers of the aura. Connect with one of your healing guides to communicate and do healings. $149 or $139 if paid one week in advance. Call 663-9724.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. For times and dates, call 663-9724.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Learn to safely become a conscious channel, using a technical system as your foundation. For times and dates, call 663-9724.

Iridology

Iridology Seminars with Cindy Klement • Jan. 21-23, Feb. 25-27 or Mar. 17-19; 6:00-8:00 p.m. on Friday, 8:00-4:00 on Saturday and Sunday • Personal iris photos are taken Friday evening with delivery Saturday for reference throughout your weekend learning. Over 400 full-color slides of irises are projected for analysis and discussion, with group participation in detecting learned iris signs in each other. Charts, books, magnifiers and lights will be available for purchase. Limited to 6 participants. Although Registered Nurses are eligible to receive CEUs for this seminar, it is open to the public. (Between 2.7 and 19.2 contact hours are available for those interested.) $54-$290 depending on number of credit hours desired. Call 975-2444.

Introduction to Iridology with Cindy Klement • April 3, 7:00 p.m. • Since the late 1800's, Iridology has been a very practical and accurate method of determining inherent strengths and weaknesses in the body. This full color slide presentation will feature numerous irises that reflect different health levels. $10. Call 975-2444.

Judaism

Welcoming the Sabbath: Friday Evening Chant and Meditation with Barbara Boyk • Once monthly on Friday, 7:30 p.m. • Friday evening is a time for welcoming the Spirit of Peace and Rest into our lives so we can experience a deeper connection to ourself and to the whole of life. These gatherings include chanting and meditation directed toward releasing the internal clutter of the week and opening heart, mind, body and spirit to connection with our Source. Free. Call 994-5032.

Jewish Renewal Saturday Morning Shabbat Services with Rabbi Elliot K. Ginsburg • Jan. 8 and 21, Feb. 12 and 26, Mar. 11 and 25; 10:00-12:30 • Celebrate the sacred time and space of Shabbat with niggunim (Hasidic melodies), chanting, meditation and movement. Devotional prayer and Torah. Call 332-3878.

The Crazy Wisdom Calendar

Judaism (continued)

Jewish Renewal Spiritual Practice: A Shabbat Weekend with Rabbi Shefa Gold • April 28-30 • Spiritual practice, chanting and study with one of the leading practitioners of Jewish mystical chant and ecstatic devotion. Call Rabbi Elliot K. Ginsburg at 332-3878 or Linda Jo Doctor at 332-4940.

Jungian/Archetypal Psychology

Life's Daughter/Death's Bride: A Jungian View of the Myth of Demeter and Persephone Lecture by Kathie Carlson at the Crazy Wisdom Bookstore Meeting Room • Feb. 18, 7:00-9:00 p.m. • The Greek myth of Demeter, Persephone and Hades is a rich tapestry of meanings and living symbol for the modern psyche still struggling with the shadow side of patriarchal power. This slide-illustrated lecture based on Kathie's latest book will explore the rich dimensions of the myth as well as suggest its workings in contemporary lives. $20. Call 517-244-1163.

Kids & Young Adults

The Social Spirit with Tom Egan • Second and fourth Thursdays of each month, 6:00-8:00 p.m. • An ongoing spiritually dynamic hands-on approach to socializing. Have fun exploring challenging activities, initiatives and games. Meet new people, learn about yourself and others and discover what you have to offer. Grades 7,8 and Grades 9,10. $10 per night. Call 975-4431.

Children's Sunday School through Lighthouse Center • First and Third Sundays, 10:30-12:30 • Classes in spiritual development for children ages 4-18 whose parents are mantra meditators. Principles of metaphysics, mantra meditation, Christianity and world religions are taught at different age levels. No cost. Call Nirmala at 663-2218.

Yoga for Kids and Parents with Ema Stefanova • Saturdays beginning Jan. 15, 2:00-3:00 p.m. • This class is designed for children ages 5-7. We do get 3 and 4 year olds who like being around older kids. We learn postures, breathing, concentration and relaxation in a way appropriate for this age. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga for Kids Ages 7-10 with Ema Stefanova • Saturdays beginning Jan. 15, 3:00 p.m. • This class is designed for kids ages 7-10. We learn postures, breathing, concentration and relaxation. This is very different from an adult yoga class. We even have serious philosophical discussions inspired by questions from the kids. For cost, call 665-7801; emastefanova@compuserve.com.

Massage Therapy

Myofascial Therapies I at Ann Arbor Institute of Massage Therapy with Jane Anderson • Jan. 7-9, 8:30-5:00 each day • An effective form of Deep Tissue Massage which addresses postural distortions and chronic myofascial patterns of strain, Myofascial Therapy offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the workshops (I, II & III) will be devoted to different sections of the body. $325. Call 677-4430.

Myofascial Therapies II at Ann Arbor Institute of Massage Therapy with Frances Salvato • Jan. 28-30, 8:30-5:00 each day • See above description. $325. Call 677-4430.

Myofascial Therapies III at Ann Arbor Institute of Massage Therapy with Jane Anderson • Feb. 18-20, 8:30-5:00 each day • See above description. $325, Call 677-4430.

Neuromuscular Therapy III at the Ann Arbor Institute of Massage Therapy with Jocelyn Granger • Jan. 14-16, 8:30-5:00 each day • Continuation of I and II. Neuromuscular Therapy consists of the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy that requires a high degree of anatomical precision, specificity and skilled palpation. It also provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. $325. Call 677-4430.

Anatomy Review and Palpation Skills at the Ann Arbor Institute of Massage Therapy with Frances Salvato • Jan. 21-23, 8:30-5:00 each day • This workshop will explore and expand your ability to effectively palpate the human body. The class will emphasize self care, body mechanics, exercises for increasing listening hands, experiential techniques for distinguishing muscles, pathologies and skillful detection of the body's different rhythms and pulses. Sharpen your clinical assessment skills and the fine art of palpation in this hands-on class. $295. Call 677-4430.

Clinical Documentation Workshop at the Ann Arbor Institute of Massage Therapy with Margaret Szedenits • Feb. 5, 8:30-5:00 • Subjective Objective Assessment Plan charting is a popular format for documenting treatment sessions in the health care field. Massage therapists can benefit from learning SOAP noting by being aware of client history and progress that will help the therapist to make appropriate treatment decision. Clients can be regularly informed to progress and become more active participants in their own healing process. The therapist will be better able to communicate with other members of the client's health care team. The charting process builds bridges between therapist and client, yourself and other health care providers. $125. Call 677-4430.

650 Hour Professional Training Program in Massage Therapy at the Ann Arbor Institute of Massage Therapy with Various Core Instructors • Classes begin Feb. 23 • AAIMT is dedicated in assisting each student in achieving excellence in the therapeutic skills, personal awareness and sensitivity needed for a successful and rewarding practice of massage therapy. The program includes anatomy and physiology, myofascial therapy, neuromuscular therapy, sports massage, shiatsu, seated massage and various components and related approaches of therapeutic massage. $5,900 for tuition. Call 677-4430.

Photo by Linda Lawson

Katie Kirkpatrick, also known as A'dzom Rinpoche, co-leads Tsogyel-gar Hermitage, a local Buddhist community.

Seated Massage Workshop at the Ann Arbor Institute of Massage Therapy with Marga Szedenits • Mar. 25, 8:30-5:00 • This workshop concentrates on teaching the participan therapeutic routine that can be adapted to different situations. Use of body mechanics produce maximum results with minimum effort are taught. $125. Call 677-4430.

Sports Massage I Workshop at the Ann Arbor Institute of Massage Therapy with Jocel Granger and Jane Anderson • April 8-9, 8:30-5:00 • Sports Massage uses a combination specialized techniques to prevent sports injuries, boost athletic endurance and performance a accelerate recovery from injury or fatigue. The principles and techniques of sports massage i clude the physiology of the injury and repair process, pre-event, post-event and maintenance a principles of sports injury assessment and treatment. $225. Call 677-4430.

Drop-In Massages at Crazy Wisdom Bookstore with Michael Bratcher • Fridays, 4:00-7: p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. appointment necessary. Other times may be added if there is sufficient interest. Call 665-2757

Meditation

Meditation with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and C Kung • Fridays, Feb. 25-Mar. 10, 6:00-8:00 p.m. • There are many forms of meditation pra tices all over the world. Meditation techniques can act as a vehicle offering an opportunity for t individual to see the true nature of their being and the nature of their thoughts. In practicing the a of meditation, individuals have reached states of clarity, calm, quietude and vision. Studen participating in this class will learn the fundamental techniques used in the Buddhist and Tao styles of meditation such as sitting, standing, walking, pondering, visualization, focusing a guided meditation. $75. Call 741-0695; www.peacefuldragonschool.com.

Mastering Meditation with Kapila Castoldi • Jan. 15, 22, 29, Feb. 12, 19 at 10:00-Noo Jan. 15, 22, 29 at 2:00-4:00 p.m.; Jan. 17, 24, 31 at 7:30-9:30 p.m.; Feb. 14, 21, Mar. 6, 13 7:30-9:30 p.m.; Mar. 20, 27, April 3 at 7:30-9:30 p.m.; April 17, 24, May 1 at 7:30-9:30 p.m • An introductory program covering the essentials of meditation, quieting the mind, practic techniques of relaxation and meditation, self-improvement. Following the first 3 basic session the program continues to lead the individual at creating and maintaining the habit of meditatio Meditative activities such as music, readings will be introduced, along with an in-depth invest gation of the philosophy of Yoga. Cost is free. Locations vary. Call Sri Chinmoy Centre at 99 7114.

Meditation with Cindy Klement • April 10, 7:00 p.m. • Designed as a stress-manageme class, a brief introduction to meditation wi:, be presented while participants heighten the awareness using color, sound and smell. Experience both a guided and unguided meditatio Limited to 6. $10. Call 975-2444.

ent Group Meditation through Essence Point • Sundays, Noon-1:00 • Two periods of guided silent meditation for 25 minutes each. People from all disciplines welcome. Comfort-le chairs provided or bring a cushion if you prefer. Open to all. Donations accepted. Call 3-9830.

indfulness Meditation for the Beginner with Erica Dutton • Offered monthly • This is a 2-ur introductory workshop on Mindfulness Meditation and how it can benefit you. You can use s form of meditation anywhere, anytime, anyplace. Learn how to meditate in a practical way - futons, no incense, no candles, no lotus position - and still enjoy the benefits! $35. Call 677-56; eldutton@aol.com.

troductory Meditation Lecture with Chetana through Lighthouse Center • Jan. 28, Feb. , Mar. 31, April 28; 7:00-10:00 p.m. • Introductory lectures on mantra meditation and em-werment with a mantra. $50 or repeat for $15. Call Nirmala at 663-2218.

tensive Meditation through Lighthouse Center • First and third Fridays of each month, 00-10:00 p.m. • Mantra meditations, 20 minutes on each of the 7 chakra centers. No cost. Call achi at 449-4381.

onday Night Open Meditation through Deep Spring Center • Second Monday of each onth, 7:00 or 7:30-9:00 p.m. • Once monthly open meditation. Instruction at 7:00 for those ho wish it. Sitting at 7:30 followed by discussion led by a Deep Spring Center teacher. $3. Call '1-3455; info@deepspring.org.

troduction to Insight (Vipassana) Meditation with David Lawson and Dianne Austin of eep Spring Center • Eight Thursdays, Feb. 3-Mar. 30 • This class will offer basic instruction r insight meditation - a simple and direct practice of the moment to moment investigation of the ind/body process through calm, focused awareness which allows us to experience sensations, notions, thoughts and consciousness with greater clarity and balance. This clarity frees our ind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart deeper wisdom and compassion. This process of opening non-judgmentally and compassion-ely to ourselves moves from the sitting period to the whole of our lives. We begin to know each oment as practice for our growth toward wholeness and harmony. We balance insight practice ith a deepening awareness of our true nature, not as something which we strive to manifest but that which is eternal and present. We will also work with other forms of meditation which urture non-dual awareness and open the heart. These practices derive from Buddhist teachings ut no special religious beliefs are necessary to their practice. We perform no religious rituals. 40. Call 971-3455, David Lawson at 662-8317 or Dianne Austin at 665-4298.

Vednesday Evening Introduction to Insight (Vipassana) Meditation with Kris Kurnit through eep Spring Center • 6 Wednesdays beginning in January • See above description. $30. Call 71-3455 or Kris Kurnit at 668-1385.

nsight Meditation with Barbara Brodsky through Deep Spring Center • Jan. 11, 25, Feb. 1, 5, 29, Mar. 14, 21, April 4, 18, 25; 7:30-10:00 p.m. • See above description of insight medita-on. This class is appropriate for continuing students of every level who have completed an troductory class, have attended one retreat or meditation day or have parallel experience in this ractice. Along with the basics, each semester we focus on a specific aspect of practice. This year, ur focus will be on bringing practice into balance. As we work to deepen wisdom, we also vant to nurture the open and compassionate heart. We'll work with resistance and other lifficulties in practice, and with support practices. Our intention is not just to become "good" neditators, but to cultivate our spiritual nature, our innate openheartedness and goodness. Ve'll use Lama Surya Das' new book, *Awakening to the Sacred*. Each class will begin with a itting, followed by talk or instruction and discussion. $120 for 13 classes. No one will be lenied participation for financial reasons. Call 971-3455; info@deepspring.org.

Never above you
Never below you
But always with you.

—— Ruth Rose

Thursday Night Continuing Insight Meditation with Cassie Cammann and Frank Levey through Deep Spring Center • Thursdays, Jan. 27-Mar. 30; 7:30-9:30 p.m. • This course provides an ongoing opportunity for meditators to deepen their practice, explore the teachings and come together for mutual support and learning. We will focus on mindfulness, using Thich Nhat Hanh's book *Miracle of Mindfulness*. For cost, call 971-3455 or Cassie Cammann at 662-6704.

Residential Meditation Retreat with John Orr and Barbara Brodsky through Deep Spring Center • Feb. 25-27 • The foundations of the weekend are Insight Meditation and deepening mindfulness in every moment. We'll be alternating sitting and walking meditation. Although the retreat will be held in silence, there will be clear instructions for beginning and advanced meditators, evening talks and optional discussion periods with the teachers. We will also practice sympathetic joy - nurturing joy for others, regardless of our predicament. We will also deeply touch our heart's center with chanting drawn from several traditions and meditations based on lovingkindess and non-dual awareness. $190 includes room and board. Call Hal at 971-3455; info@deepspring.org.

Introduction to Meditation with Ema Stefanova • Dates and times to be determined • Meditation on the breath, sound and light will be practiced. The emphasis will be on relaxation as a prerequisite for successful meditation. Beginners through advanced welcome. $60. Call 665-7801; http://ourwolrd.compuserve.com/homepages/emastefanova or emastefanova@compuserve.com.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Mondays starting Jan. 10, 7:00-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation and divorce. $35 per session. Call 747-9073; cvozar@aol.com.

Emmanuel Talks to Men with Emmanuel through Pat Rodegast sponsored by Turning Points • Mar. 24, 7:00 p.m. • Emmanuel has been channeled by Pat Rodegast in workshops, seminars as well as published form for many years. In this special session, Emmanuel will talk to men about the unique issues they are facing at this point in history. There will be opportunity to ask questions and to dialogue with other men. $15. Call 663-5853; turningpoints@aol.com.

Men and Anger through Turning Points • April 14-16 • Anger is an emotion that is perhaps the most primary and familiar emotion known to men. Rarely is it understood, expressed "cleanly" and utilized to access a wider range of emotions. This workshop will be experiential and explores ways to appropriately express anger and overcome the tendency to repress or bury anger. Past participants speak about a new sense of control, understanding, relief, release and deeper sense of themselves. $80. Call 663-5853; turningpoints@aol.com.

Midwifery

Holistic Midwifery Care for Labor, Birth and Postpartum with Patty Brennan of The Holistic Midwifery Institute • Mar. 9-12, 9:00-5:00 • Course covers the scope of midwifery care for homebirth and postpartum care. Emphasis is placed on preventing complications and the appropriate use of natural therapies including homeopathy, herbs, essential oils, flower essences and more. This class is appropriate for aspiring midwives as well as the practicing midwife, doula or childbirth educator who wants to expand her knowledge of holistic therapies. $325 or $290 if paid by Feb. 17. Call 663-1523; gbrennan@umich.edu; www.salineguide.com/hmi.

The Art of Midwifery with Patty Brennan of The Holistic Midwifery Institute • Fridays, Mar. 24-May 12, Noon-4:00 • Course covers the full scope of midwifery care from the initial interview through prenatal care, labor, birth and postpartum care for both mom and baby. Emphasis is placed on preventing complications and the appropriate use of natural therapies including homeopathy, herbs, essential oils, flower essences and more. This class is appropriate for aspiring midwives as well as the practicing midwife, doula or childbirth educator who wants to expand her knowledge of holistic therapies. $360 or $320 if paid by Feb. 17. Call 663-1523; gbrennan@umich.edu; www.salineguide.com/hmi.

Mothers/Daughters/Sisters

In the Company of Sister Friends: Crossing Thresholds with Janet Fulgenzi, Esther Kennedy, Bernie Lopata, Kathleen Schanz and Storyteller Rosemary Caruso through Weber Center • Mar 3 at 7:30 p.m. through Mar. 5 at 1:00 p.m. • A weekend gathering to share together with sisters, stepsisters, sisters-in-law and women who are like sisters to one another. There are thresholds that we have crossed together and some we have crossed alone. All of these shifts and changes in our lives are moments of grace and true encounters with holy mystery. $125. Call 517-266-4000; fax 517-216-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Movement & Dance

Dances of Universal Peace: Sufi Dancing with John and Sylvia Middlebrooks • First Friday of each month, 7:00-9:00 p.m. • All are invited to join in simple circle dances accompanied by songs and chants from the world's spiritual traditions. Everything is taught. No partner needed. $5 donation requested. Call 996-1332; jmidd@umich.edu.

Ann Arbor Authentic Movement Group • Meets bi-weekly, evenings • We are a self-facilitated peer group meeting since 1996 to explore Authentic Movement in community. We approach Authentic Movement as personal process, psychological narrative, creative resource and divine play. We invite those who seek to cultivate awareness of their embodied selves to join us. Cost: nominal fee to rent space. Call Robin Graubarth at 665-2345 or Peter Norlin at 878-2900; redrobinah@aol.com; pfnorlin@ameritech.net.

Winter Session at Dance Gallery Studio • Jan. 10-April 23 • Offering tai chi, J.H. Pilates, yoga, congolese and more. For complete information, call 747-8885; dancegallerystudio@ameritech.net.

Looking at Dance at Dance Gallery Studio • Feb. 6, Mar. 5, April 2; 4:30-6:30 p.m. • Dance Gallery Studio hosts a gathering of local choreographers, dancers and dance writers to discuss the intricacies of watching and performing dance. This series provides information for those who feel like they don't quite get dance, as well as providing an opportunity for enthusiasts to delve further into their understanding of the form. Performances, panel discussions and audience question/answer sessions included. Free. Call 747-8885; dancegallerystudio@ameritech.net.

The Crazy Wisdom Calendar

Movement and Dance (continued)

Movement Journey Through the Seasons with Hava Jean Delgado • Feb. 5 and Mar. 25 • Eight seasonal rituals created by women who fly with the mariposa (butterfly). You are invited to create and share in the making of sacred rituals using the butterfly as our metaphor. $10 per ritual. For times, call 697-1579; hjdraven@aol.com.

Moving Meditation with Lee Cole • Fourth Tuesday of each month, 7:00 p.m. • Many different resources tell us the positive effects of meditation on the physical, emotional and spiritual bodies. Finding a way to meditate that fits the way we are, as a human and spirit, is sometimes difficult. Join Lee Cole in an hour of moving meditation. It will be a combination of Lomi Flying Meditation, Reishi Movement from Tantra, Free Form Dance and Tai Chi adapted to your special needs. Cost: love offering. Call 449-4239.

Earth Dance with Jesse Richards • Classes start Jan. 11 and run 12 weeks. Level I (beginner - advanced beginner): Saturdays, 3:00-4:15 p.m.; Level II (advanced beginner - intermediate): Tuesdays, 6:00-7:30 p.m. • Earth Dance combines many styles including jazz, African and martial arts. It is an exciting, energetic dance style that develops a strong sense of strength, alignment and joy of moving. Earth Dance reminds us we are part of nature, and that dance is a way of life - a part of our spirituality, sexuality, work, politics, health, etc. To bring a greater richness to our dance experience, we also include some chanting and song. $108. Call 995-2972; jessing@msen.com.

Life Dance I and II with Suzanne Willets Brooks • Beginner - continuing: Thursdays, Jan. 6-April 6; Continuing: Saturdays, Jan. 8-April 8 • Dancing to live drumming, awakening spirit and body! Life dance embodies an integration of many styles of movement, the foundation of yoga, the gravity and exploration of modern and the powerful rhythm and life connection of African-based movement. Must have some experience in movement. $120. Call 482-2607; brooksjer@provide.net.

Moving from the Inside Out with Suzanne Willets Brooks • Mondays, Jan. 10-April 10, 12 weeks • This class is designed to be a personal exploration of how our body moves. The effect is deeply relaxing and spiritually connecting - good for body workers, artists and others. We will use elements from yoga, tai chi and somatics to explore inner systems in our body as we listen to what the body reveals. $85-$100. Call 482-2607; brooksjer@provide.net.

Contact Improv Jam: Skills and Scores with Suzanne Willets Brooks • Sundays, Jan. 9-April 9, 12:30-2:00 • Working/playing with the spirit of partnership. Learn skills to roll, tumble and communicate with a partner. It's meditative and fun. Learn scores, artistic creative placements for skills learned in contact. $85-$100. Call 482-2607; brooksjer@provide.net.

Music & Sound

The Feast of Joy: A Night of Sacred Music with the Divine Madman Band of Tsogyel-gar Hermitage at Dance Gallery Studio • Jan. 27, Feb. 19, Mar. 18, April 22; 7:30-9:00 p.m. • The Tantric Buddhas, Padmasambhava and Yeshe Tsogyel, said, "Those who rejoice in a feast of haunting and beautiful music shall know the blazing up of meditative experience." The Divine Madman Band creates the transformational music that makes this happen. This must be experienced to be understood. Donations accepted. Call 741-1084; information@flamingjewel.org.

Healing Power of Rhythm with O. Andrew Schreiber • Sundays, Jan. 9-Feb. 20 and Mar. 5-April 16; 4:00-6:00 p.m. • The intention of this circle is to discover the potential each of us has to heal ourselves and others with focused rhythm and sound. Creating a safe and sacred space, we will participate in strengthening our connection to the Earth, our community and ourselves. $70-$10 sliding scale per session. Call 973-6975; andrew@amerinet.com.

Resonance and Rhythms Intensive with Judy Piazza • Jan. 22, 10:30-9:00 • Learn frame drum technique on the North African tar; explore the sonic realms and depth of your voice; experience the joy of coming into resonance with all our relations through the power of pulse, the art of toning and harmonic overtone singing. $70. Call Creative Spirit Center at 517-837-1885; creative@mindnet.org.

The Yoga of Sound with Ema Stefanova • Dates and times to be announced • Just as music can create subtle states of mind, the yoga of sound does the same. It can induce states of meditation. The practice takes the practitioner through progressively subtle manifestations of sound to hear the full spectrum of gross and subtle sounds. $60. Call 665-7801; http://ourworld.compuserve.com/homepages/emastefanova or emastefanova@compuserve.com.

Natural History

Third Annual I.D. Day through UM Exhibit Museum of Natural History • Mar. 19, 1:00-3:00 • Bring in your treasures and have the experts identify them! Fossils, arrowheads, bones, etc. are all welcome. Experts include paleontologists, a geologist, an anthropologist, a zoologist, etc. Sorry, no appraisals. Free. Call Museum's main office at 764-0478 or Amy Harris at 936-5834.

The Museum Rocks! Discovery Day at UM Exhibit Museum of Natural History • Mar. 26, Noon-4:00 • A family-oriented afternoon of hands-on geology activities, including making "volcanoes," rock/mineral identification, and much more. Part of a five-year federally-funded collaboration between the Museum and the Ann Arbor District Library called The World Around Us: Families, Reading and Natural Science. Free. Call Amy Harris at 936-5834.

Rebecca Mullen–One of Crazy Wisdom's long-time favorite patrons. She is a therapist who specializes in dreamwork.

Nature & the Environment

Web of Feeling: A Spiritual Approach to the Environmental Crises Facing Earth with Avery Cleary • Mar. 31, 7:30 p.m. • Imagine a think tank using our multi-sensory abilities to explore and effect creative responses! This national adventure combines science, nature and the human capacity to dream, feel and imagine, placing an emphasis on working with energy fields and animal/plant communication. Come find out how you can be a part of this. Earth needs your creativity! Donation. Call Wendy Warrick at 975-4431; averycleary@yahoo.com.

Close to the Earth: Reconnecting with the Natural World with Jeanne Mackey • Jan. 24, Jan. 31, Feb. 7; 7:00-8:30 p.m. • In this 3-week pilot group, we will explore ways to enrich our lives through deepening our connection with the natural world. Our ancestors knew a lot about this that we have forgotten! Journaling, discussion, experiential exercises, hands-on activities. No charge for first 3 sessions. Group may continue on a fee-per-session basis. Call 913-9861; ppostel@concentric.net.

Nature as Mirror with Jeanne Mackey and Pattie Postel • April 22, 10:00-5:00 • In this one-day experiential workshop, we will find reflections in nature of our own inner landscape and discover how to use those lessons in our daily lives, moving through the four shields. Each participant will identify a personally significant question and will seek answers through solo time in nature, using the traditional structure of a medicine walk. $45. Call 913-9861 or 975-8791; ppostel@concentric.net.

Family Worldwatch on Frogs with Kim High • April 28 • Explore the world of frogs in vernal ponds and swamps, and how they are an indicator of health on the planet . For cost and time, call Upland Hills Ecological Awareness Center at 248-693-1021; uheac.@igc.org.

Coming Back to Life with Joanna Macy • Mar. 24 at 7:00 p.m. through Mar. 26 at 3:00 p.m. • An opportunity to spend time with a remarkable woman of uncanny courage and ferocious compassion. A bodhisattva ablaze, an inspiring voice calling us to our power and healing. Joanna offers a medicine bundle of alchemical techniques for waking our slumbering souls to the astonishing beauty and travail of earth. For cost, call Upland Hills Ecological Awareness Center at 248-693-1021.

Nutrition & Food

Cooking for One with Judy Stone • Jan. 13 and Feb. 10, 6:30-9:00 p.m. • Tired of frozen meals, cereal for dinner and soft brown mushy things at the bottom of your vegetable drawer? Feel cooking just for yourself is too much trouble? If you're single and want a healthier diet, join this class! We'll cook great but simple stuff, share a meal, and talk about feeding yourself well. If there's interest, perhaps a series of classes and/or a meal sharing group will develop. Class includes meat/fish items. Participants will receive recipe packet. Enrollment limited to 10 each class. $30 per class. Call 994-5549.

rgetic Food Analysis with Tom Egan • Mar. 16, April 6; 7:00-9:00 p.m. • Receive an getic food analysis and feel how those foods compare with other members of the group. out your specific foods that generate and degenerate health for your unique constitu- Hone in your intuition through a process of kinesthetic comparison. An experiential shop with readings, channeling, Q&A and discussion. $25. Call 975-4431.

d Vitamins, Bad Vitamins: Why Can't I Just Get This Stuff in Foods? with Cindy nent • Jan. 20, 7:00 p.m. • Binders, coatings, excipients, fillers, food colorings... Learn to the labels to know if you're spending your money on reliable products then figure out just it is you'll have to eat if you'd rather use fewer supplements. $10. Call 975-2444.

rgy and Your Health with Cindy Klement • Jan. 25, 7:00 p.m. • Tired bodies don't heal. age. A lack of energy is detrimental to your health. Without energy, the body cannot keep up the task of building. Identify nutrient destroyers in your lifestyle and determine which food ce energizers are best for you. $10. Call 975-2444.

l/Alkaline pH Balance with Cindy Klement • Mar. 7, 7:00 p.m. • Over acidity in the body es is one of the basic causes of many diseases. How important is the proper balance between and alkaline foods in the diet? $10. Call 975-2444.

d Combining with Cindy Klement • Mar. 23, 7:00 p.m. • The purpose of food combining is ake digestion easier, less complicated and more efficient so that everything you eat stands a er chance of being digested. $10. Call 975-2444.

ative American

n Lodge: Open Sweatlodge Ceremony for Women with Lynnette Michalik • Jan. 20, . 19, Mar. 19, April 18 • An open circle for women to gather on the Full Moon. We pray, n and learn together as we honor Sister Moon, sharing our visions of coempowerment. Shield ding focus in January. Ceremony is free. Mailing donation of $5. Call 475-6030.

ast-Life Regression

ling Your Life Through Regression with Shala Kilmer • April 8, Noon-5:00 • Release nic blocks from previous lives and begin healing issues such as prosperity, relationships and sical ailments. You will be helped to regress to the right life to heal an issue. Master St. main, channeled by Shala, will direct removal of the blocks. $200. Call 248-258-8287.

ersonal Growth

ant To Be with Barry and Joyce Vissell at Church of Today • Mar. 29, 1:00 and 7:30 p.m. he Vissells are the authors of *Risk to be Healed* and *The Shared Heart*. Cost is love ring. Call 810-758-3050.

uitive Healing: 5 Steps to Physical, Emotional and Sexual Wellness with Judith Orloff at urch of Today • Mar. 22, 1:00 and 7:30 p.m. • Judith Orloff is the author of *Second Sight*. t is love offering. Call 810-758-3050.

w Millennium with Jean Houston at Church of Today • Jan. 22, 9:00-5:00 • Houston is of the visionaries of the human potential movement. Her books include *The Possible man, The Mythic Life* and *Life Force*. $40. Call 810-758-3050.

going Self-Development Group with Michael Andes • Feb. 9, 16, 23 and Mar. 1, 8, 15 h a weekend retreat Mar. 25-26 • An opportunity for developing greater skillfulness and fidence in communications with others and for healing old wounds that drive self-defeating terns of behavior and thinking. $250 includes meals at the retreat. Call 662-5215.

e Art of Happiness with Cynthia Gormley at the Crazy Wisdom Bookstore Meeting om • Jan. 24, Feb. 21, Mar. 20, April 17; 7:30-8:30 • Therapy must move beyond merely ng what is wrong and embrace the intrinsic goodness and basic sanity of vast human poten- . These sessions, based on the Dalai Lama's book *The Art of Happiness* and the powerful thods found in Tibetan Buddhism, offer an approach to our problems and our whole life that uncover natural deep joy. Simple, practical exercises for changing your life. Free. Call 663- 12; devi@flamingjewel.org.

coming Who We Are with Kathy Blough • 6 Fridays beginning Feb. 25, Noon-2:00 p.m. • is seminar is for people who wish to gain a deeper understanding of how they have become the y they are, understanding the effects of parental and outside influences and how to break free of se influences and be the autonomous person you are. $40 per session. Call 327-2040 or 930- 64.

plorations in Mind/Body Healing with Lorna Brown and Lym Meadows through Es- ce Point • 7:30 p.m. $10. Call 913-9830.

n. 28 • You and the Flower of Life • A look at sacred geometry and its relationship to the man energy field, Merkabas, Earth history and current life experiences.

b. 25 • Healing Night: Energy Healing • A core group of channelers will develop a support- atmosphere to provide the space for a wonderfully powerful, yet gentle healing energy to gage all in attendance. There will be a point to ask for healing energy to be sent to others tside the group or to places waiting for healing. There may be time for hands-on individual aling.

ar. 31 • Spirituality and Feng Shui • Feng Shui is the fine art of placement and balance that n create environments where we may experience peace, harmony, health and abundance. Learn out ways in which Feng Shui can enrich your spirituality and how your spirituality can enhance ng Shui in your life.

dge Mental with Tom Egan • April 27, 7:00-8:00 p.m. • It's hard to stop judgments. So why ? Why not understand and transcend these inhibitors to happiness? Humorous fun, interactive, nds-on experiences to transcend being judgmental. Explore, heal and release your judg- ents. $25. Call 975-4431.

Unfolding the Story of My Life: Past, Present and Future with Barbara Boyk • This group meets once every 3 weeks beginning in March • Adults will have the opportunity to look at the story of their lives as it has unfolded to the present time. Body, mind, heart and spirit comprise the fundamental elements from which we create, live and grow. The group will be a lab for exploring how we have developed and are developing. Our trajectory will be directed to support constructive, creative and healing modes of expression allowing each person's unique gifts and purpose to be more transparent to self and others. The group will use a combination of personal process work, meditation, chanting, imagery and regular ceremonial circles following the cycles of the seasons to help participants increase self awareness and enhance spiritual connection. For dates, times and cost, call 994-5032; bboyk@umich.edu.

Proud to be Me: A Self Esteem Workshop for Women with Tanya Thunberg through Soundings: A Center for Women • 6-week group offered regularly • Gain practical skills to build and support the foundation of your self esteem. Join us for a group of experience and self awareness exercises. Rediscover how wonderful you really are! $120 with partial scholarships available. Call 973-7723; http://comnet.org/local/orgs/helpsource.

Voices of Courage: The Art of Assertiveness and Communication Skills with Tanya Thunberg through Soundings • 6-week groups offered regularly • Learn the art of speaking your truth and listening to others do the same. Join a supportive group of women to discuss, practice and develop self assertion, communication and listening skills that can be used in all your relationships. $120 with partial scholarships available. Call 973-7723; http://comnet.org/local/orgs/helpsource.

Healing Into the 21st Century Series with Antoinette Thoin • 7:30-9:00 p.m. $15 per class. Call 327-2800.

Jan. 7 • Explore creative ways to reanimate your life, work and relationships.

Feb. 3 • Explore favorite ads, TV programs and media. Discover ways to use them to heal yourself and the planet.

Mar. 23 • Refine your senses. Discover ways to cultivate the sacred already alive in your life.

April 6 • Learn to listen to your body creatively. Explore pain, unwellness and healing insights.

Dream Shield Building with Lynette Michalik • Jan. 1-Feb. 19 • January is the time for renewal and rejuvenation and a time to honor dreams. We will work with song, the drum and dreaming ceremonies to build the dream shields of our visions. $30. Call 475-6030.

Pregnancy & Childbirth

Childbirth Preparation Classes with Patty Brennan of The Holistic Midwifery Institute • Wednesdays, Jan. 26-Mar. 1 or April 26-May 31; 7:00-9:15 p.m. • Share in a midwife's experience with normal birth. 6-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding safe use of herbal, homeopathic and other natural therapies are included. $165. Call 663-1523; gbrennan@umich.edu; www.salineguide.com/hmi.

4-Day Pregnancy Massage Workshop with Frances Salvato at the Ann Arbor Institute of Massage Therapy • Feb. 26-27 and Mar. 18-19; 8:30-5:00 • This workshop covers the benefits, contraindications and applications of massage for each trimester including labor and postpartum. Other things covered are self-care exercises, knowledge of physiological changes occurring in the different systems of the body and the effect massage therapy has on the different body systems. $350. Call 677-4430.

> The highest wisdom is loving kindness.
>
> - The Talmud

Pregnancy: Joy, Challenges and Transitions Group Therapy with Laurie Krauth • Explore with others the profound changes you are experiencing and that await you as a new mother. Discuss concerns about changes in your identity, work, life and relationship. $35 per session. For dates and times, call 996-9111, ext. 234; lauriekrauth@iname.com.

For Mothers To Be: Getting To Know Your Inner Child Through Creative Expression with Meghan Lewis • Feb. 6, 2:00-4:30 p.m. • Painting, sculpting, drawing and other forms of the creative arts can serve as beneficial tools in positively transforming the experience of pregnancy and childbirth. In this supportive workshop, you will be taking time to explore your pregnancy through creativity to enhance the emotional and spiritual bond between you and your developing baby and to assist in realizing your desired birth experience. $25. Call 623-9982; meghasus@aol.com.

Birthing from Within Holistic Doula Training with Pam England • Mar. 17-19, 8:00-5:30 each day • Experience the joy and difference that doulas make. Doulas are reviving an ancient tradition of women helping mothers and their partners through labor and postpartum. Doulas encounter unique opportunities for personal satisfaction and growth. Doulas also make a vital difference during birth and postpartum. This certification program is designed to cultivate personal growth, creativity, confidence and spiritual and psychological awareness. Students begin training with this 3-day intensive packed with lectures and experiential exercises that immerse them in the world of birth and doula skills. $275 includes workbook. For complete information, call Christine Lark at 741-8874.

The Crazy Wisdom Calendar

Racial Healing

Beyond Fear with Allshah Ababio-Clottey and Kokomon Clottey at Church of Today • Mar. 15, 1:00 and 7:30 p.m. • Their new book is *Beyond Fear* and is about the 12 spiritual keys to racial healing. Cost is love offering. Call 810-758-3050.

Reiki

First Degree Reiki Class with Suzy Wienckowski • Jan. 14-16 or Mar. 17-19; Friday 7:00-9:30 p.m., Saturday 9:30-4:00, Sunday 9:30-12:30 • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels, body, mind and spirit. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others and 4 individual initiations. Certificate awarded. $150. Call 668-8071; suzyreiki@aol.com.

> We shall never know all the good that a simple smile can do.
>
> ——Mother Teresa

Second Degree Reiki Class with Suzy Wienckowski • Feb. 4 from 7:00-9:00 p.m. and Feb. 5 from 10:00-4:00 • Second level of training of the Usui system of Reiki healing. Students learn and are empowered to use the 3 sacred Reiki symbols. The symbols focus and intensify the energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. First Degree training is a prerequisite. $500. Call 668-8071; suzyreiki@aol.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Feb. 2 and April 5, 7:00-9:00 p.m. • In this ancient, hands-on healing art of Usui system of Reiki, the Universal Life Force is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini treatments will be offered for those wishing to stay after the talk. Cost is free. Call 668-8071; suzyreiki@aol.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Jan. 15, Feb. 27, Mar. 18 or April 22; 9:00-6:00 • In the level one workshop, the student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self healing techniques. $125 includes manual and certificate; $95 if paid a week in advance. Call 663-9724.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Feb. 4-5, Friday from 6:00-10:00 p.m. and Saturday 10:00-4:00 or April 29-30, Saturday 6:00-10:00 p.m. and Sunday 10:00-4:00 • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. $225 or $180 if paid a week in advance. Call 663-9724.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Jan. 6, Feb. 3, Mar. 2, April 6; 7:00-9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724.

Healing Night through Lighthouse Center • Third Wednesday of each month, 7:00-9:30 p.m. • Hands-on Reiki healing open to the public. Call Prachi at 449-4381.

Singing & Songwriting

Women's Circle of Song and Healing with Women with Wings-West • Thursdays in January beginning Jan. 6, 7:00-8:30 p.m. • All women, age 8 and older, are invited to gather weekly to feed our spirits by singing chants and other healing music of a spiritual nature. Leaders will rotate. This is a drop-in group. No commitment or musical experience necessary. Just a desire to drink deeply from the sweet well of sisterhood and voice. Based on the model of Kay Gardner's Womyn with Wings group. $3 requested donation. Call 482-0553 or 975-8791; ppostel@concentric.net.

Rhythm and Song Circles with Judy Piazza • Sundays, 6:00-7:30 • Joyfully celebrate our community in rhythm and song! This facilitated circle offers teaching of technique and orchestration of rhythms on djembe-style drums and other hand percussion as well as spontaneous exploration of the drum. $10-$15 suggested offering. Call 248-656-1071; uheac@igc.org.

Group Singing Class with Jesse Richards • 6 weeks beginning Jan. 11 • Beginning level: Tuesdays, 7:30-9:00 p.m.; Continuing level: Saturdays, 10:30-Noon • Voice for the World singing class combines the solid teaching of vocal technique, group sharing and a supportive space to perform in front of others. We also explore voice as a means to personal and planetary healing. $120. Call 995-2972; jessing@msen.com.

Spiritual Development

What is a Spiritual Director? with Jonathan Ellis • Feb. 5, 7:30-8:30 p.m. • This hour-long presentation is for anyone who wants to learn how individual monthly meetings with a spiritual director can support your spiritual life. Not someone who decides a direction for you, a spiritual director is a coach who is experienced in helping people sort through their ideas and feelings about the spiritual path of their own choosing. Former co-owner of Crazy Wisdom and long-time spiritual director, Jonathan Ellis will explain how such monthly sessions can let you step back regularly, look at the last month of your life from a spiritual perspective and focus your intention for the month ahead. Free and open to all. Call 668-6672.

Stumbling Toward Enlightenment: Tools, Tips and Traps with Geri Larkin • April 1, 9:30-Noon at Crazy Wisdom Bookstore Meeting Room • There is a treasure chest of tools available to spiritual seekers, ranging from meditation to prayer to journaling. This session will introduce core tools used in the Zen Buddhist tradition along with tips for making the best of those tools. $30 includes a copy of *Stumbling Toward Enlightenment*. Call 677-1521; gerilarkin.com.

Flower of Life Workshop: 2000+ with Lorna Brown • Feb. 19-20, 9:00-5:00 • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 428-8748; starlabrow@aol.com.

Awakening the Buddha at Church of Today with Lama Surya Das • Feb. 9, 1:00 and 7:30 p.m. • Lama Surya Das is the author of *Awakening the Buddha Within* and *Snow Lion's Turquoise Mane*. Cost is love offering. Call 810-758-3050.

Wednesday Service at Church of Today with Barbara Marx-Hubbard • Feb. 2, 1:00 and 7:30 p.m. • Barbara Marx-Hubbard is the author of *Conscious Evolution*. Cost is love offering. Call 810-758-3050.

Tending the Garden of Your Soul with Jill Blixt • 10 Wednesday evenings beginning Feb. 3 • Our daily lives have the potential to nourish us rather than deplete us. We can create an environment that brings us joy and comfort. We make the choices that nourish the deepest parts of ourselves. Come learn how to bring soul nurturing into your days. Through writing, collage and creative play, learn how you can inspire, nourish and replenish yourself on a daily basis. $30 per week includes suppers and art supplies. Call 665-4577.

Wednesday Evening Meditation for the General Public with Brenda Morgan • Jan. 12 and Mar. 15, 7:00-8:30 p.m. • Brenda has been blessed with a spiritual transformation in which inner enlightenment/no mind within has occurred. This evening has been set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the holy spirit. Love offering/donation. Call Susan at 665-0536.

The Feeling of Infinity with Brenda Morgan • Feb. 11, 7:00-9:00 p.m. • Brenda's spiritual transformation will be the basis for this evening's sharing. There will be time set aside for questions and answers as well as direct experience of the meditative state. $35. Call Susan at 665-0536.

The Futility of Seeking with Brenda Morgan • April 7, 7:00-9:00 p.m. • See above description. $35. Call Susan at 665-0536.

A Gathering in Spirit with Brenda Morgan • Feb. 12 and April 8, 9:00-4:00 • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Brenda's spiritual state catalyzes one's opening to the universe. Only a sincere interest in opening to spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities are to help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the first priority in life: God. No experience necessary. $85. Call Susan at 665-0536.

Gurdjieff/Ouspensky: A Fourth Way School with Students of the Fourth Way School • Tuesday and Wednesday, 7:00-9:00 or Sunday, 2:00-3:30 • The teaching is based on the idea that a change in the level of one's knowledge must by accompanied by a change in the level of one's being. The School provides the necessary conditions for actualizing this aim without retreating from life. Man in ordinary conditions uses only the lower, more mechanical parts of his functional abilities. With the help of this School, which is derived from Higher Mind, we acquire the possibility of coming in contact with our higher functions and fulfilling our potential as human beings. Call 697-2477; search@highercosmos.com.

Opening the Stories of Our Lives: The Spirit Connection with Therese Craig and Trudy McSorley through Weber Center • Mar. 31 at 7:30 p.m. through April 2 at 1:00 p.m. • A time for awakening the stories in each participant by experiencing the avenues of language, movement, ritual and play. Participants will be encouraged to make connections between their own spirituality and the stories of their lived experience. $125. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Diamond Heart A. H. Almaas Study Group with John Cardwell and Lou Weir • Every other Thursday evening beginning Jan. 6 • Ongoing study group of the work of A. H. Almaas and his Diamond Heart School. We utilize meditation, enquiry, sharing of experience and discussion of material read. Call John Cardwell at 994-5320 or Lou Weir at 663-1675; jcardw5003@aol.com.

Satsangs with Gangaji and Eli Jaxon-Bear • John Cardwell and Sue Erickson present
editation, video viewing of Satsang and discussion. Gangaji and Eli offer their nondualistic ita work through the lineage of Sri Ramana Maharshi and Poonjaji. Free. Call 994-5320; w5003@aol.com.

Almaas and Diamond Heart Work with Kirk Dennis hosted by John Cardwell and Lou • Introductory talk on Feb. 4, Workshop Feb. 5-6 • Introduction and engagement of ond Heart Work through lecture, meditation, exercises and discussion. First of 4 week- planned for the year. Free introductory talk, $175 for workshop. For times, call John at 5320 or Lou at 663-1675; jcardw5003@aol.com.

ure Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday ch month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures. These res contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima 3-5853.

ng the Infinite Way: Discovering Your Spiritual Self with Bob Allen • Alternate Tues- Wednesday or Thursdays at 7:00 p.m. • Why are we alive? Were we born to live in the s and insanity of the material realm or is there something more? We will study the works ystic Joel Goldsmith and learn that there is a higher and better way to live. Each class will de substantial periods of silent contemplation/meditation as we go beyond reading or ing about God, and actually experience that Divine Presence that lives within each of us. : love offering. For dates, call 517-792-0443.

itual Growth and Maturity with Emmanuel through Pat Rodegast • Mar. 25, 9:00-5:00 Mar. 26, 9:00-1:00 • This workshop will provide an opportunity to listen to Emmanuel as neled by Pat Rodegast. Well known through the books *Emmanuel I, II* and *III*, Emmanuel guide participants through new avenues of growth and clarity issues related to spiritual uration. The workshop will provide opportunities to have questions answered, but will consist of experiential opportunities to assist the individual journey toward wholeness. Call 663-5853; mirest@aol.com.

ls and Prerequisites for Enlightenment with Ema Stefanova • Dates and times to be ounced • What is enlightenment? Why get enlightened? This class will cover the tools requirements as well as ways people can get enlightened (according to yoga tradition). se questions and a few practices will be covered. $60. Call 665-7801; http://world.compuserve.com/homepages/emastefanova or emastefanova@compuserve.com.

ports & Spirit

ling Waters Introduction with Tom Egan • April 20, 7:00-8:00 p.m. • Would you enjoy endering to guided, intuitive, free flowing movements and healing energy work to help soar into consciousness? The benefits of healing warm water movement/energy ses- ns are explored, experienced and demonstrated in local area pool. $10. Call 975-4431.

e Spiritual Athlete with Tom Egan • Mar. 3, 7:30-9:00 p.m. • Most athletes are interested nhancing performance. So why not come from where the true power lies? Explore all sorts echniques and ideas for making athletics magical, mystical and profoundly enjoyable. $25. 1975-4431.

tress Reduction & Relaxation

ess Management through Yoga Breathing with Ema Stefanova • Dates and times to be nounced • Yogic management of three-fold tensions: muscular, mental and emotional will explained. The mechanism of recharging and revitalizing by using yoga breathing tech- ues will be demonstrated and practiced. Participants should eat a light breakfast. $60. Call 5-7801; http://ourworld.compuserve.com/homepages/emastefanova or astefanova@compuserve.com.

> Life shrinks or expands in proportion to one's courage.
>
> —— Anais Nin

Tai Chi

i Chi with Linda Wolslau • Jan. 31-Mar. 4, 12:30-1:30 p.m. • Tai chi is an ancient Chinese ercise for harmony and well-being of body, mind and spirit. Slow gentle movements pro- ote balance, flexibility and reduces stress through peace of mind. $48 with senior discount ailable. Call 810-227-4058.

i Chi through Jewel Heart • Sundays, 4:30-5:30 p.m. • Wu style of tai chi for health and cus. Beginners welcome. $5 suggested donation. Call 994-6139 or 994-3387; fice@jewelheart.org.

hen Style Tai Chi Chuan with Great Lakes Wushu • Classes begin Jan. 6; Mondays and hursdays, 6:00-7:00 p.m. and Saturdays, 10:00-11:00 a.m. • Class will learn a 5o movement rm, basic stances and silk-reeling energy exercises. $60 per month. Call 994-5980; brumi@earthlink.net.

Tai Chi Chuan Beginner Class with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 4-Mar. 18; Thursdays, 6:00-7:15 p.m. and/or Saturdays 11:15-12:30 • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy within the body and mind by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques as well as the unique, slow and graceful movements and breathing coordination. Tai Chi Chuan is often characterized as meditation in motion because of the stillness it exemplifies. $175. Call 741-0695; www.peacefuldragonschool.com.

Form Progression with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 4-Mar. 18; Tuesdays, 6:00-7:00 p.m. • After completing the Tai Chi Chuan solo form, students who would like to continue their study can join this class. The form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen the student's insight of their body/mind connection, locating and dissolving tensions and understanding the dialogue between body, mind and spirit. $125. Call 741-0695; www.peacefuldragonschool.com.

Push Hands with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 4-Mar. 18; Tuesdays, 7:00-8:00 p.m. • Push Hands is a two person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to listen, adhere, yield and neutralize force. These principles expand beyond the interaction in class and hold the understanding of potential relationships in conflict resolution and corporate, political and the basic dynamics between groups and individuals. As a student develops in this class, they move out of the choreographed movements into free style Push Hands. Students must have completed the TCC form before enrolling. $125. Call 741-0695; www.peacefuldragonschool.com.

Application with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 4-Mar. 18; Tuesdays, 7:00-8:00 p.m. • As a martial art, every movement within the TCC form holds a self-defense technique. These techniques are curtained while practicing the form, but are nonetheless a part of the dynamics of the form's momentum in movement. Learning the application of the physical mechanics of TCC and how to use the other person's force as a means of self-defense adds to one's feeling of prowess that enhances the holistic feeling, unrelated but also related to one's well-being. Students will not only use the TCC form movements, but receive reflex training, work out with basic kicks and punches and explore light contact self-defense training using the TCC principles of soft power. $125. Call 741-0695; www.peacefuldragonschool.com.

Tai Chi Sword with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 4-Mar. 18; Wednesdays, 7:30-8:30 p.m. • The TCC Sword Form (double edged) is the most fluid of all the forms in TCC. It represents the element water and is considered the highest of all the weapons forms following the Taoist philosophical thought that softness prevails over hardness as water prevails over all obstructions to its flow. $125. Call 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung and Wild Goose Form with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 4-Mar. 18; Wednesdays, 9:00-10:15 a.m. and/or Saturdays, 10:00-11:15 a.m. • Chi Kung is a type of Chinese Yoga. This class will focus on soft and hard fundamental techniques, Buddhist, Taoist, Medical and Martial styles, mind/body coordinated movement, breathing techniques, stretching, and an introduction to the energy pathways of the body. Students will also learn the Wild Goose Chi Kung Form, which combines the fundamental techniques of Chi Kung as it playfully and gently stretches the muscles, opens the joints and simultaneously stimulates the body's principle energy pathways. It is a continuous form of 64 movements and takes 15-20 minutes to perform, offering the body a complete exercise routine. $165. Call 741-0695; www.peacefuldragonschool.com.

Tarot

How to Read Tarot Cards with Richard Maurer • Eight Thursdays, Feb. 3-April 6; 7:00-8:00 p.m. at the Crazy Wisdom Bookstore Meeting Room • Learn the philosophy and meanings of the 78 cards of the Waite-Rider Tarot deck, and learn to give readings. You will learn a variety of spreads to use in different situations and how to tap your intuitive and psychic abilities. You will need to buy a deck of Waite-Rider Tarot cards. $30. Call 484-5123; esoterica123@aol.com.

Tarot Readings with Jeanne Adwani • Jan. 5, 12, Feb. 2, 16, Mar. 1, 15, 29 at the Crazy Wisdom Bookstore Tea Room • $20 for a 30 minute reading; $40 for an hour. For times, call 662-8909; jadwani@yahoo.com.

Demystification and Empowerment with Jeanne Adwani • Feb. 25, 7:00-9:00 p.m. at the Crazy Wisdom Bookstore Meeting Room • My observations and overview of the tarot. Open discussion. Bring your cards. Let's begin the story. $5. Call 662-8909; jadwani@yahoo.com.

Intuiting the Tarot #1: A Transformative Weekend Workshop with Mateyo Empie • Jan. 14-16 or April 14-16; Friday evening, Saturday all day, Sunday until 3:00 p.m. • Explore your psychic gifts with the Tarot and other oracles. Covers grounding and centering; choice, care and feeding of your deck; entering a card; setting psychic boundaries; enhancing your ability to find a personal set of meanings for the cards and more. Each student will receive a short reading by the instructor. A fun class with concrete results, it is the first in a 6-month series leading to professional level expertise. $225 with a $25 discount if paid early. Call 663-5505; snakewillo@aol.com.

Therapy & Support Groups

Tuesday Women's Group with Suzanne Eastman • Weekly, 7:30-9:30 • Psychotherapy for women committed to authenticity and personal and spiritual growth. Use dreamwork and shamanic, Buddhist, Jungian, Gestalt and Bioenergetic techniques to heighten your awareness and raise your life force within a nourishing and honest environment. $25. For dates, call 973-0299; suzanne@home.msen.com.

The Crazy Wisdom Calendar

The Original Divorce and Beyond Support Group with June Springs of Soundings: Center for Women • 8-week groups offered regularly • Information and resources for negotiating the many life transitions associated with divorce. The group process offers opportunities to share experiences and encourage strength-based skill building, self-care, empowerment, choice and decision-making with other women in a safe and non-judgmental setting. $160 with partial scholarships available. Call 973-7723; http://comnet.org/local/orgs/helpsource.

Living with Depression: Support Group for Women with Soundings Staff • 8-week groups offered regularly • Depression can make you feel helpless, hopeless and alone. Through positive reframing and peer support, learn about the symptoms, causes and treatment that may be appropriate for you. Most importantly, regain ability to heal and believe in yourself again. Sliding scale cost. Call 973-7723; http://comnet.org/local/orgs/helpsource.

Renaissance Woman Jeanne Adwani — Artist, Craftswoman, Tarot Reader, Hair Healer, Great Spirit!

Photos by Linda Lawson

Therapy and Support Groups (continued)

Women and Relationships: A Supportive Therapy Group for Women with Kristin Blackburn • Wednesdays, Jan. 12-Mar. 29; 7:00-8:30 p.m. • This 12-week group provides women the opportunity to explore and improve their coping with a variety of issues regarding personal and professional relationships. Topics include positive coping skills for conflict and anger, improving communication and self-esteem and forgiveness of self and others. $30 per week. Call 994-1531.

Miracle of Change: A Serenity Retreat for Women with Cora Tommie Dayton and Rose Celeste O'Connell through Weber Center • Feb. 18 at 7:30 p.m. through Feb. 20 at 1:00 p.m. • Change is a normal part of everyday life and so are the fear and tendency to pull back from it. Within the circle of recovery and the 12 steps, we can move toward appreciating and embracing the changes that new understandings call to us. $110. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Overcoming Anxiety Group Therapy with Laurie Krauth • 8 weeks of 90 minute sessions • Practical behavioral and cognitive techniques to reduce and control panic, generalized anxiety (excessive worry) and phobias. $35 per session. For dates and times, call 996-9111, ext. 234; lauriekrauth@iname.com.

Women: Taking Control of Your Life Group Therapy with Laurie Krauth • Tuesdays, 6:30-8:00 p.m. • Whether you are doubting your self worth, stuck or unhappy at work or with your partner or child, explore and defeat unhealthy patterns and self-sabotaging behaviors. $35 per sessions. Call 996-9111, ext. 234; lauriekrauth@iname.com.

Ongoing Group Psychotherapy with Mark Blough • Saturdays, 9:30-12:30 or Mondays, 7:00-9:30 p.m. • This group is designed to assist members in making lifelong changes to increase joy and happiness in their lives. Any and all issues - interpersonal and intrapersonal - are addressed in a safe, nurturing environment. $40 per session. Call 327-2040 or 930-0864.

Women Survivors of Sexual Abuse: Psychotherapy Group with Lisa Wolf • Wednesdays, 6:00-8:00 p.m. • This treatment group explores the trauma and impact of sexual abuse with the intention to help group members reclaim their lives, experience life beyond abuse and to move beyond identification with abuse. Discussion, disclosure and processing of memories and/or sensations related to abuse, emotional release work and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. $35 per session. Call 930-0864.

The Dollars and Sense of Divorce with June Springs, Sally Rutzky and Jacqueline B. Gold through Soundings: Center for Women • One night weekly, 7:00-9:00 p.m. • If you are in the process of or contemplating divorce, this is one workshop this year you can't afford to miss. Jacqueline will address the tax consequences of property division, pensions, splitting the house, career assets and how to determine if you are going to be financially secure post-divorce. Sally will address the client-attorney relationship, the divorce process, mediation and more. June will address ways to deal with issues of grief and loss and why to join a support group. Learn about additional workshops and groups to support you through the process. Call 973-7723; http://comnet.org/local/orgs/helpsource.

Lesbian and Bisexual Women's Support Group with Elizabeth Davis of Soundings: Center for Women • 8-week groups offered regularly • Come for discussion and interpersonal activities in a supportive setting. Choose among such topics as self-definition, body image, families of origin and choice and Internet relationships. Sliding scale cost. Call 973-7723; http://comnet.org/local/orgs/helpsource.

Women's Circle: A Self Discovery Group with Soundings Staff • New group offering • Could you benefit from a women's group which combines therapy, education and support? Do you wish to clarify your inner goals, learn about the beliefs that hold you back and discover healthy ways to move forward? Soundings is interested in leading a group of women desirous of self exploration and growth. If such a group sounds intriguing, call and let us know. Call 973-7723; http://comnet.org/local/orgs/helpsource.

Ongoing Therapy for Children, Adolescents and Adults Focused on Healing from Trauma with Laura Sanders • Tuesdays, 6:00-8:00 p.m. • This is a survivor's group for female survivors of sexual abuse that sometimes uses creative and ceremonial intervention. $25 per session. Call 662-3509 or 998-9708; lsanders@umich.edu.

Women's Health

Menopause with Cindy Klement • Jan. 10, 7:00 p.m. • What are the physiological changes occurring and what can you do to alleviate symptoms? Pros and cons of hormone replacement therapy presented with a discussion of healing foods, herbs and nutrients that the body may be in need of. $10. Call 975-2444.

W menspirit

Sac Feminine Mysteries: A Journey of Self Discovery with Jill Blixt and Susan Steiner • Ea workshop from 9:00-5:00 • Common to all is the quest for truth, for connection and for oleness. These workshops weave together Goddess energies, seasonal rituals and arch pal teachings to create monthly rites of passage for women. Through writing, collage and ative play, we will weave together threads of our feminine heritage and discover our pers al path. These workshops can be taken as a series or individually. Give yourself the gift of a nthly retreat day and honor the sacred feminine within. $95 each includes lunch and art sup s. Call Jill at 662-0282 or Susan at 677-3255.

Jan 5 • Dark Mother - She Who Surrenders
Feb 3 • Daughter - She Who Is the Wisdom Keeper
Ma 0 • Maiden - She Who Weighs the Truth
Ap 17 • Blood Sister - She Who Looks Far

Sac l Theater 2000: Feminine Face of God with Margaret Nash Rubin through Weber Cer • Feb. 25 at 7:30 p.m. through Feb. 27 at 2:00 p.m. • Through theater, human beings cou communicate and co-create with the higher consciousness, the gods and goddesses that tran rm humans and their world. By studying the patterns in many sacred writings including the le, Koran, Hindu and Buddhist scriptures, we will study, write about, portray and enact the grea women of Christianity. $425. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.c ; http://www.op.org/adrain/weber.htm.

To ed by the Holy: Experiencing Our Nurturing God with Doris Klein through Weber Cen r • Mar. 17 at 7:30 through Mar. 19 at 1:00 p.m. • Participants will explore the creative pro s in all women and the multiple ways in which the Divine is mirrored in the feminine exp ence. Slides of Doris Klein's paintings along with poetry, music and story will be used as a bac op for reflection. $125. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; htt www.op.org/adrain/weber.htm.

Bo Discussion Group with Corinne Sanders of Weber Center • Jan. 25, Feb. 15, Mar. 7, Ma 28; 6:30-8:30 p.m. • A four-session gathering to explore our spiritual pathways, desires, ho and struggles. In our coming together, we will speak of our spiritual paths as we have ans red the call Godward. The reading will be *At the Roots of this Longing: Reconciling a Spi ual Hunger with a Feminist Thirst* by Carol Lee Flinders. $20 for the series. Call 517-266-40 fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrain/weber.htm.

W en's Empowerment through Spiritual Growth with Dale Crayne through Soundings • 6- k groups offered regularly • Empower yourself by applying spiritual principles to life's da challenges. Join us for group discussion, meditation and self-awareness exercises in an ope supportive setting. $120 with partial scholarships available. Call 973-7723; http://comnet.org/loc rgs/helpsource.

W en's Wisdom: A Gift for Your Spirit with Dale Crayne through Soundings • April 10, 6: 3:00 p.m. • Life is a great teacher. Use your life experiences to grow spiritually. Through me ation and supportive group discussion, learn to listen to your own inner wisdom. $5-$10 do on. Call 973-7723; http://comnet.org/local/orgs/helpsource.

ork & Right Livelihood

B ing a Business the Zen Way with Geri Larkin • Mar. 4, 9:30-3:00 at the Crazy Wisdom Bo store Meeting Room • An intense, fun seminar that covers the core themes involved in bui ng a business that embraces one's deepest spiritual values. Topics include characteristics of suc ssful business owners, business plans and marketing. $45 includes a copy of *Building a Bu ess the Buddhist Way*. Call 677-1521; gerilarkin.com.

Ste to Financial Stability Success with Jan Eveswell through Soundings • 4-week groups off d regularly • Develop a personal financial plan and learn tools to manage your money, inc ling record keeping, goal setting, creating a spending plan, credit, loans and savings. $80 wi artial scholarships available. Call 973-7723; http://comnet.org/local/orgs/helpsource.

W en's Wealth: The Courage to be Rich with Anne Benedict through Soundings • 4-week cla s offered regularly; 6:00-8:00 p.m. • What does it mean to be rich? How do you create a life richness? ...Courage. The courage to face your inner obstacles, to set positive goals, to take bo ctions. Value doing what is right over doing what is easy. Value tomorrow along with today. Le to live, and spend, with clarity to create the life you want. Inspired by Suze Orman's book, *Th ourage to be Rich*. $80 with partial scholarships available. Call 973-7723; http://comnet.org/loc orgs/helpsource.

A na Job Club with Anne Benedict through Soundings • Tuesday, 9:30-10:30 a.m. • A gro for women who want to share ideas and support for building their career. Meet with other ac job seekers as you network your way to hidden job leads. $5. Call 973-7723; http://co et.org/local/orgs/helpsource.

W en's Work: Tapping Your Unique Potential with Anne Benedict through Soundings • 6- ek classes offered regularly • Discover what energizes you. Identify your special talents. Cr e your ideal job description. Research careers that match your ideal job and practice valuab networking. Identify your accomplishments and renew your self confidence. Let your work be expression of who you really are! $180 with partial scholarships available. Call 973-7723; htt /comnet.org/local/orgs/helpsource.

Ne orking Night for Women with Anne Benedict through Soundings • Expand your netw by learning about women in various careers. Come prepared with questions and leave with va ble information about career paths, industry trends and creating your own right livelih . Free. For dates and times, call 973-7723; http://comnet.org/local/orgs/helpsource.

Writing & Poetry

Giving Voice to Your Soul: Writing as Spiritual Practice with Jill Blixt • 10 Tuesday evenings beginning Feb. 2 • We thirst for the deepest part of ourselves. The still small voice that holds our truth, our dreams and our gifts. Writing practice can quench that thirst. Learn the tools to help you tap the pool of your inner wisdom and creativity. This workshop is for anyone who yearns to write; all that's required is willingness. $30 per week includes dinner and books. Call 665-4577.

Life-Study: Learning from Another's Life with Therese Craig through Weber Center • Feb. 25 at 7:00 p.m. through Feb. 27 at 11:00 a.m. • Serving as a Journal Trustee for a creative person, you can deepen your contact with the life experiences of that person. Types of individuals you may want to consider include a theologian, a founder, an artist, a mystic or a mythic being. A biography of the person for whom you are to be trustee must be read before the workshop date. $210. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Jesus in the Eyes of Poets: A Lenten Journey with Peggy Rosenthal and David Impastato through Weber Center • Mar. 17 at 7:30 p.m. through Mar. 19 at 1:00 p.m. • During this second week of Lent, we will explore the ways that Jesus calls us into a new and transfigured life. Our guide will be poetry, the unique language of wonder and revelation that opens us to the mystery of ourselves, others and God. $125. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Yoga

Ann Arbor School of Yoga with Laurie Blakeney • Ongoing classes • Classes for various skill levels in Asana (postures), Pranayama (breathing meditation), philosophy and teacher training. For more information, call 663-7612.

Somatic Yoga with Suzanne Willets Brooks • Fridays, Jan. 7-April 7; Sundays, Jan. 9-April 9; Tuesdays, Jan. 11-April 11 • This class is an enjoyable expression of awareness. We'll move from personal to partner supported exploration. Using somatics, we move organically through postures and breathwork. Our attention will be on organized, structural and emotional components of a pose. Bring a sense of humor, sticky mat and blanket. $85-$100. For times, call 482-2607.

Beginning Yoga with David Rosenberg • Saturdays, Jan. 29-Mar. 18; 9:30-11:00 a.m. • Beginning yoga techniques are used to develop strength, flexibility and balance. Wear shorts and a t-shirt. $40. Call 662-6282; massage4@aol.com.

Beginning Yoga with David Rosenberg • Thursdays, Jan. 6-Feb. 17; 4:00-5:30 p.m. • Beginning yoga techniques are used to develop strength, flexibility and balance. Wear shorts and a t-shirt. $61. Call 662-6282; massage4@aol.com.

Beginning Yoga with David Rosenberg • Sundays, Jan. 9-Feb. 20; 2:15-3:45 p.m. • Beginning yoga techniques are used to develop strength, flexibility and balance. Wear shorts and a t-shirt. $61. Call 662-6282; massage4@aol.com.

Intermediate Yoga with David Rosenberg • Sundays, Jan. 9-Feb. 20 and Mar. 5-April 16; 12:30-2:00 p.m. • The next level after beginning, intermediate yoga includes instruction on standing poses, inversions and introduction to back bends. $61. Call 662-6282; massage4@aol.com.

Gentle Flowing Yoga with Mary Ann Kuszelewicz • Monday evenings and Thursday mornings and afternoons beginning mid-January • Yoga based on the sun salutation. Influenced by B.K.S. Iyengar and Swami Satchiananda. $30 for 6 weeks. For complete information, call 971-8294.

Yoga with Ema Stefanova • Classes begin the week of Jan. 12; Sundays at 5:00 p.m., Mondays at 6:00 p.m. and 7:30 p.m., Wednesdays at 7:15 a.m., 9:00 a.m. and 7:00 p.m. • You will learn dynamic and static yoga postures with breath awareness, as well as deep relaxation and meditation. Students are encouraged to work toward individual programs to meet their specific needs. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga and Meditation Retreats with Ema Stefanova • Monthly • Total immersion silent overnight retreat designed to live yoga and meditation. Lots of information to take in, powerful practice and an extraordinary opportunity to get in touch with your inner self. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga for Kids Ages 7-10 with Ema Stefanova • Saturdays, 3:00 p.m. beginning Jan. 15 • Class listing under Kids & Young Adults. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga for Kids and Parents with Ema Stefanova • Saturdays, 2:00-3:00 p.m. beginning Jan. 15 • Class listing under Kids & Young Adults. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga Classes through Inward Bound Yoga Program with Cathy King, Martha Laatsch, Barb Linderman, Lynette Smith and Jonathan Tyman • Four levels of hatha yoga classes, Astanga yoga, postures to sacred music, yoga dance and workshops. For brochure, call Barb Linderman at 971-8562.

Astanga Yoga through Inward Bound Yoga Program with Jonathan Tyman • Saturdays, 8:15-10:00 a.m. • Ongoing drop-in class. For cost, call Jonathan at 996-4549.

Yoga Course at the Zen Buddhist Temple • Six Tuesdays, 7:30-9:00 p.m. beginning Jan. 11, Feb. 29 and April 11 • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath - these are interdependent. Taught in the Sivananda Yoga Organization style. $50 for six sessions. Call 761-6520.

Teachers, Lecturers

Aaron "was a Buddhism monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition. His teaching draws from this background,but he also reminds us that, like all of us, he has lived in many bodies, had many shades of skin, and followed many spiritual paths." Five books of Aaron's teachings have been published.

Academy of Astrology is a not-for-profit organization dedicated to the teaching of astrological knowledge and the promotion of astrology as a tool for personal and social growth. Founded in 1983, and based in Lansing, the Academy also offers courses in 6 Michigan cities, including Ann Arbor

Betsy Adams has had 25 years experience working with wildlike and companion animals, in the home, kennel, veterinarian's office, and in wildlife rehabilitation. She has thirty years of background in the biological sciences, and she's an energy worker and homeopath.

Jeanne Adwani has been involved with the Tarot since 1971. She began professional readings in England in 1982. She's explored many traditions since that time, and she's interested in elemental relationships and mythological archetypes. Jeanne is also a very talented artist and craftswoman, and her work has been on display through the years at Crazy Wisdom Bookstore. She writes: "Tarot cards are a wonderful and insightful tool to personal empowerment".

Elizabeth Alberda brings the spiritual realm into focus through 23 years of experience in bioenergetic work, training in shamanism, mystery school with Jean Houston and participation in Barbara Brennan's Healing School of Science.

Bob Allen is a 1987 graduate of the U of M Law School. After a career as an appellate lawyer, he has turned to a career teaching and lecturing on meditation, metaphysics and spiritual healing. He is a student of the Infinite Way teachings of Joel Goldsmith, and he's also studied with the inimitable Jonathan Ellis.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. Since 1984, she has had training and private practice experience in massage therapy, lymphatic drainage and craniosacral therapy. She has taught beginning anatomy and physiology workshops, as well as Sports Massage and Shiatsu workshops.

Michael Andes, MSW has led numerous groups, workshops and retreats for self-awareness and self-development. He has been a frequent presenter at the Oasis Center for Human Potential in Chicago, and The Association for Humanistic Psychology Conference in Indianapolis.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. Authentic Movement "is a profoundly simple process of self-directed movement. By following the body's impulses to move or be still, movement becomes spiritual practice, creative resource and psychological narrative." The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Center for Holistic Health and Traditional Wisdom is a brand-new foundation dedicated to educational excellence through diversity. One of the goals of the Center is to provide comprehensive professional training and qualification for certification to individuals who would like to work in the emerging professions of holistic health care and bodywork.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 18 years. The AAIMT facility includes classrooms, a student clinic and a retail area.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Ann Arbor School of Yoga offers classes in Asana and Pranayama for all skill levels. The School was founded by Laurie Blakeney.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). Open to all.

Mary Beam is a local teacher and astrologer. She is a member of the Michigan Federation of Astrology and serves on its executive council, and is a member of the National Council for Geocosmic Research, and the International Society for Astrological Research.

Chandana Becker is a clinical psychologist and massage therapy instructor. She is certified by Dr. Peter Levine and authorized to teach Somatic Experiencing. She is Past President of The American Polarity Therapy Association. She has spent 28 years in the mental health field, and 23 years as a holistic health practitioner.

Anne Benedict, BA is Soundings' Supervisor and Career Coach. She draws on 10 years of coaching and teaching in career development, and 25 years of active involvement with women's issues.

Kristin Blackburn, MSW, is a psychotherapist who specializes in working with women regarding relationship, life transition and family-of-origin issues, including childhood abuse and neglect. She also works with individuals, couples and groups dealing with depression, anxiety, grief, anger and job burnout.

Laurie Blakeney is a Senior Intermediate Level III Iyengar Yoga Instructor, who has been teaching Iyengar Yoga in Ann Arbor since 1977. She studies annually in India.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Kathy Blough, MA, LLP is a therapist in private practice in Ann Arbor. She works with individuals, couples and groups who suffer with anxiety, depression, chronic pain, self-defeating and suicidal behaviors. She has received extensive training in Gestalt, Family Systems and Redecision Therapy.

Mark Blough, MA, LLP is a therapist in private practice. He has had extensive training Gestalt, Family Systems, Group and Redecision Therapy. He works with groups, couples and individuals who suffer from depression, anxiety, panic, trauma and other issues effecting personal growth.

John Bodary, M.A. is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy. He has taught Polarity for 14 years and has been in practice for 19 years. He is a former Treasurer and Board member of the American Polarity Therapy Association.

Barbara Boyk, PhD has 20 years' experience as counselor and psychotherapist. She has created and led many ceremonies for the celebration of life cycle transitions. Jewish and Native American teaches have been influential in the formation of her spiritual practices.

Michael Bratcher has been a massage therapist for five years. He is a graduate of the Ann Arbor School of Therapeutic Massage and Bodywork, and he's nationally certified.

Patty Brennan is a midwife and health educator with over 17 years of experience working with pregnant women and their families. She is Director of The Holistic Midwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccine Choices, Homeopathic Alternatives and Parental Rights: A Sourcepack of Information for Healthcare Consumers and Concerned Parents.*

Barbara Brodsky is the founding teacher of Deep Spring Center which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Suzanne Willets Brooks has been an independent choreographer and dance educator for over 15 years. She has studied many forms of dance, yoga and bodywork, from which she creates the foundation of her work. She has a degree in education from EMU.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972.
She is a Melchizedek priest, teaches workshops that emphasize transformation and integration, serves as a spiritual coach and healer, and performs personalized wedding ceremonies.

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Workshop Leaders, and the Centers

Gle Burdick, MA, LLP, CSW, is Director of the Institute for Psy logy and Medicine, and Director of the Center for Mindful Liv . He has 21 years of experience in helping individuals with stre elated problems, chronic illness and chronic pain. He was orig lly trained to teach meditation in Ganeshpuri, India in 1977, and rticipated in advanced professional training with Jon Kabat-Zin 1993. He has been conducting a mindfulness-based stress red on program since that time.

Cas Cammann, Frank Levey, Kris Kurnit, David Lawson and Dia e Austin have considerable meditation and teaching experienc nd have trained through the Deep Spring Center teacher training gram.

CA RC (the University of Michigan Complementary and Alt ative Medicine Research Center) was founded to do res ch in the area of complementary and alternative medicine, and create a bridge between alternative healing practitioners, sci sts, and patients. (For more info, see *The Crazy Wisdom Inte iew* in this issue of ***The Crazy Wisdom Calendar***.)

Joh Cardwell has been interested in the work of A.H. Almaas for 8 ye s, and did private sessions with a Diamond Heart teacher for 2 ye s. He has been involved with Gangaji and Eli Jaxon-Bear for 7 ye 's.

Ka e Carlson, MA, CSW is a psychotherapist and writer who stu d extensively at the C.G. Jung Institute in New York. Re-ce returned to Michigan, she has been in private practice for 25 ye . She is the author of *In Her Image: the Unhealed Daughter's Sea h for her Mother* and also of *Life's Daughte/Death's Bride: Inn Transformation Through the Goddess Demeter-Persephone.*

Kis a Castoldi, director of the Sri Chinmoy Centre of Ann Arbor, ha acticed meditation under the guidance of Indian spiritual teacher Sr ainmoy for 14 years. For the past ten years she has lectured on me ation and spiritual practice throughout the Midwest.

Ke mon Clottey and ***Aeeshah Ababio-Clottey*** are the authors of *Be nd Fear*, which is a book about the 12 spiritual keys to racial he ng.

De Cole is an educator, psychologist, minister and healer/shaman. He rovides services in life counseling, life ceremonies, psychoth py, divination through Rune Readings and joyful living.

Co plete Chiropractic & Massage Therapy (CCMT) is a holistic gr p of chiropractors and massage therapists who believe that go and sustained health is physical, mental, emotional and spiritua CCMT offers a variety of therapeutic modalities and support for e individual process of discovering and maintaining health and we being.

Te ese Craig, OP, Ph.D., is a spiritual director and journal guide. A certified consultant for the Progoff Intensive Journal Method, sh as led workshops in both the U.S. and Canada.

Do Crayne, MA has been a teacher and consultant for over 20 ye s. Her private practice offers spiritual guidance for all levels of pe onal growth. Issues related to self-esteem, life transitions and li purpose form the focus of her work.

Da ce Gallery Studio is a non-profit, professional, community o nization that focuses on developing both technical and creative s in its students.

Patricia Danks has taught dream interpretation classes at the University of Nevada, and has extensive experience as a presenter of dream workshops.

Lama Surya Das is the author of *Awakening the Buddha Within* and *Snow Lion's Turquoise Mane.*

Elizabeth (Eli) Davis, MSW is a psychotherapist in private practice addressing the concerns and issues of women, and lesbian, bisexual, gay and transsexual clients.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Hava Jean Delgado founded and directed Paradigm Dance Theatre and Paradigm Center for the Arts, and now directs Project Paradigm. She has taught, choreographed and performed dance in many forms. She has a certification in Motional Processing, a therapeutic movement process.

Kirk Dennis has been involved in the Diamond Heart School since 1984. He is a certified Diamond Heart teacher, having finished an eleven-year training program.

Eileen Dickinson is a Certified Trager™ Practitioner. Her Trager practice in Ann Arbor is enhanced by her 24 years of experience as a physical therapist.

The Divine Madman Band is comprised of practitioners of the Nyingma lineage of Tibetan Buddhism, and lead by ordained Tantric yogini, Naljorma Sangchen Tsomo, and local folk artist Brian Lillie. Their background is the statement, "Happiness is the meaning of life!"

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain such as arthritis, lupus, MS; irritable bowel syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She has also lived with chronic illness for 16 years.

Suzanne Eastman, MS, LLP, CSW conducts therapy and dream groups, does individual therapy and leads workshops. She chiefs quarterly Sweat Lodge ceremonies and develops personal ceremonies for important life passages. Her orientation is eclectic, with shamanic, Buddhist, Jungian, and Bioenergetic influences.

Tom Egan, M.Ed. in Counseling, lives in Ann Arbor and works as an engineer. He does Holistic Health Counseling, has taught in the public schools, is a Reiki practitioner, and has competed nationally as an athlete. He has developed and facilitated Spirit programs for adolescents and athletes. He also offers "healing waters therapy".

Jonathan Ellis lived for many years in a spiritual community in Cassadaga, Florida, where he trained as an intuitive counselor and healer. A former co-owner of Crazy Wisdom Bookstore, Jonathan now has a full-time practice in Ann Arbor as a spiritual director, where he meets individually with people once a month to support their independent spiritual path.

Emmanuel has been channeled by Pat Rodegast in workshops and seminars around the country for many years. There are also three books of Emmanuel's teachings: *Emmanuel's Book: A Manual for Living Comfortably in the Cosmos*; *Emmanuel's Book 2: The Choice for Love*; *Emmanuel's Book 3: What is an Angel Doing Here?*

Mateyo Empie, the Medicine Woman has studied with many internationally known teachers. She has practiced Inka shamanism, psychic reading, European and American ritual forms, and several energetic healing modalities for over thirty years. "In this world, the plant and stone people continue to be among my most important advisors."

Pam England is a nurse-midwife, childbirth educator, doula and prenatal/birth therapist. She is the creator and co-author of the book, *Birthing From Within*. She teaches childbirth, postpartum and doula classes in Albuquerque, and around the country.

Sue Ericksen has been involved with Gangaji and Eli Jaxon-Bear for 7 years, and hosting video Satsangs for 2 years.

Essence Point is a spiritual network dedicated to supporting inner growth. We offer the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Diane Evans is a recently retired high school teacher. She has studied and taught in the areas of communications, perception, psychology, and personal/psychic/spiritual growth. After 30 years in public education, she currently does intuitive counseling and individual readings.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom, and currently serves as President of The American Polarity Therapy Association, in addition to maintaining her full time private practice of 19 years and teaching nationwide. She also completed a 2 year apprenticeship with Susun Weed in herbs and the Wise Woman Tradition, and has taught herbology for 5 years at The People's Food Co-op. Feldt has also published books and articles in the field of holistic health care.

Bon Rose Fine is a member of the American Federation of Astrologers and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Chetana Florida has been a mantra meditator since 1973 and is the founder and president of the Lighthouse Center for Spiritual Development. She is Gurudev Chitrabhanu's 1st apostle, and teaches the 5,000 year old teachings about the chakras from his book *The Psychology of Enlightenment*. She is a counselor, teacher and lecturer and has taught over 2,000 students to meditate.

Janet Fulgenzi, Esther Kennedy, Bernie Lopata and Kathleen Schanz have worked together for 20 years to create rituals and sacred space that invite reflection and celebration.

Inge Gaiser, a physical therapist, is currently enrolled in a Feldenkrais training program to become a Feldenkrais practitioner. She is teaching Awareness through Movement lessons for the general public, but also has a special interest in clients with neurological or orthopedic problems.

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Teachers, Lecturers

Chris Gates has been learning and studying percussion techniques and traditions for 18 years, and has taught rhythm workshops and classes since 1991. He believes that
"given structure, information and encouragement, anyone can have a rewarding and meaningful drumming experience."

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crysal Clear Expressions, is located in Ann Arbor.

Jacqueline B. Gold, CDP is a financial planner who specializes in pre-divorce consulting.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. He developed the *Reiki With Animals* workshops. He co-developed *Heart Centered Reiki* with Cousens. He founded the Center for Intuitive Health. He teaches Reiki and Intuitive Development classes on: People and Animals, Reiki and other Healing Techniques, and Energy Clearing and Processing. He also teaches with The Animal/Human Energy Bond, and the Practical Psychic Center of Ann Arbor.

Cynthia Gormley, MSW is a psychotherapist with 14 years of experience. She has also intensively practiced Tibetan Buddhism in the Nyingma tradition for the last 8 years. Her approach to psychological well being is "rooted in a view which moves beyond mere 'problem solving' and teaches people to recognize their ground of basic sanity and goodness through simple, practical methods".

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Clinton L. Greenstone, M.D. is the Medical Director at Oakwood's Complementary and Alternative Medicine Center in Westland, Michigan. He attended Yale Medical School. His practice is in General Internal Medicine.

Michelle Gouffray is a healing facilitator in the Toronto area. Her work doing Magnified Healing has helped her clients through periods of intense transition.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

John Gutoskey is a Registered Polarity Practitioner and bodyworker working in a group practice at Complete Chiropractic and Massage Therapy in Ann Arbor.

Ubaka Hill facilitates drum workshops and intensives around the country. She works with women's and mixed groups. She has two recordings to date, and she's nationally known.

Sean Hogan-Downey, ACSW, BCD and ***Bill Downey, ACSW, BCD*** are each in private practice as marital, family and individual therapists in St. Clair Shores, Michigan. They are skilled in the dance of relationships and committed to working with couples.

Jean Houston is one of the visionaries of the human potential movement. Her books include *The Possible Human*, *The Mythic Life* and *Life Force*.

Nina Howard, CMT owns Bellanina Day Spa and has an extensive background in the healing arts, art and interior design.

Davis Impastato holds degrees from the University of North Carolina in English and Art History. He has worked as a film director in Los Angeles.

Inward Bound *consists of* ***Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. ***Barbara Linderman*** is the program director of Inward Bound.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Karen Kerns is a skilled and experienced bodyworker, massage therapist and Polarity Therapist. She has done extensive work in the area of craniosacral energy.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life. Channeled sessions with St. Germain are offered for removing blocks that come from previous lives.

Doris Klein has ministered as a full-time artist and lecturer since 1989. Her watercolor paintings are noted for reflecting on contemporary spirituality from an inclusive perspective.

Cindy Klement is a Certified Iridologist, Certified Nutritional Consultant, and Chartered Herbalist. She is a Professional Member of the American Association for Nutritional Consultants, a member of the American Herbalists Guild, and a Health Educator with over 20 years of experience in natural healing.

Leigh Ann Knope has been involved in social justice activism and holistic healing for the past decade. She is the founder of The Spirit-Center for Consciousness and Healing, a community-based organization which provides experiential workshops and conferences regarding social change, holistic health, the practice of earth-based spirituality and yoga.

Rob Koliner, D.C. practices Network Spinal Analysis at the Network Chiropractic Center in Ann Arbor. He graduated with honors from Sherman College of Straight Chiropractic. After studying Network Spinal Analysis for six years with its founder and developer, Dr. Donald Epstein, Koliner currently studies with Dr. Sue Brown, who has expanded upon the Network model.

Laurie Krauth, MA, LLP is a psychotherapist who works with couples and groups, as well as a writer for national parenting magazines. A Michigan Limited License permits practice under the supervision of a fully licensed psychologist (Glenn Davis, PhD).

Tom Kuzma and Alani Galbraith-Kuzma are husband-and-wife spiritual workers in Ann Arbor. They study, teach and practice Lomi Ke Ala Hoku, Hawaiian Sacred Temple Bodywork, and are initiated Teachers in the Hierarchy of Light, Kabbalists and Reiki Masters.

Mary Ann Kuszelewicz, MSW is a former social worker. She is also a formally trained yoga teacher.

Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs*, *Bad Hair Days, Stumbling Toward Enlightenment*, *Building a Business the Buddhist Way*, and the forthcoming *Tap Dancing in Zen*.

Matthew Lawrence is the Episcopal Chaplain to the University of Michigan. In addition to being a priest, he is a radio commentator, writer and activist.

Meghan Lewis, MA, CMT received her MA in counseling psychology with a specialization in creative expression from the Institute of Transpersonal Psychology. She has received training in art therapy, and also in childbirth preparation and assistance.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Jeanne Mackey, MSW, ACSW is a psychotherapist and workshop leader. A community builder and musician, she draws on European, Chinese and Native American earth-based traditions. She has received training in applied ecopsychology at the School of Lost Borders. She is musical director of Sacred Song, a local multi-cultural choral group.

Joanna Macy is a scholar of Buddhism and general systems theory. She is also the author of six books, including *World as Lover, World as Self* and *Despair and Power in the Nuclear Age*. She has been a workshop facilitator for forty years on deep ecology and Buddhist philosophy.

Barbara Marx-Hubbard is the author of *Conscious Evolution*.

Laura Massaro, MA is an experienced facilitator for *The Artist's Way*, *The Vein of Gold* and Songwriting workshops. For 20 years her focus has been on transformation and healing through the arts and being creative in everyday life.

Richard Maurer has studied near death phenomena, esoteric subjects and philosophy for 30 years. A graduate of EMU, he has taught classes on a variety of subjects, at the University of Michigan and other locations around the state.

Trudy McSorley is an associate professor of theater and speech communication at Siena Heights University, and the holder of the first endowed chair of Child Drama sponsored by the Sage Foundation.

Lynn Meadows has a M.A. in merchandising, and a B.A. in business. She is currently working as a Feng Shui Consultant and Teacher and a Retail Manager. In the past she has been a Fashion Buyer and Merchandiser, a Manufacturer's Representative in the fashion industry, a teacher of Interior Design, and a teacher of Clothing Construction & Design.

Lynnette Michalik is an artist and educator. She has a background in classical archeology, women's studies and Native American knowledge systems, and has been a member of the Moonlodge since 1986, and a leader since 1992. She has led workshops in shield building, fire building, creation stories and sweat lodge building.

John and Sylvia Middlebrooks have found inspiration in the Dances of Universal Peace for the past 18 years. John is on the faculty of the U-M Kresge Hearing Research Institute.

Richard Miller has 25 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan, and in China; from 1979 to 1991, he trained in San Francisco under Master Adam Hsu. He established the Great Lakes Wushu in 1992.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

John Morris, Mdiv, PhD is a Wiccan Priest, counselor and philosopher, who has been leading shamanic journeys for more than 10 years. He is the Editor of *The Seeker*, a monthly journal of the Magical Education Council.

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding.

Kathy Mullins-Engelhardt, LPN has 20 years of nursing experience. She has been the staff nurse at Barefoot Doctors, Acupuncture and Natural Medicine Resource Center, for 3 years. She brings to her work an understanding of health, and knowledge of the modalities of self-care.

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in Durham, N.C., where he does transpersonal counseling and teaches at Duke University.

Jan Pemberton is a Registered Polarity Practitioner and Cranial Sacral Therapist in Ann Arbor. She has completed the Sutherland Sills advanced cranial course and is currently studying with Franklyn Sills. She maintains a private practice in Ann Arbor and is currently teaching several cranial classes.

Judy Piazza is a multi-instrumentalist and percussionist with the group "Repercussions". She offers "Resonance and Rhythms" workshops around the country, and performances integrating earth-honoring songs, native flute, percussion, guitar, and vocals. Her background is in music therapy, and she has been exploring the healing aspects of sound, voice and rhythm for over 30 years.

Cindy Rawlinson, RPP is a licensed acupuncturist.

Jesse Richards is a performing and recording artist, the former Artistic Director of *Sister Earth*, and the current Artistic Director of *Hundredth Monkey*¾performing arts ensemble. She has released 8 recordings of original music and has been teaching vocal and dance workshops nationally for 17 years. She was the subject of *The Crazy Wisdom Interview*, in the September-December 1999 issue.

Workshop Leaders, and the Centers

Ky · ***Gelek Rinpoche*** is an incarnate Tibetan lama of Drepung Mc tic University. He trained with some of Tibet's greatest ma s, including Kyabje Ling Rinpoche and Kyabje Trizang Rin che. He is the founder of the Jewel Heart Tibetan Buddhist com unity, which has centers in the US, Europe and the Far East, and has graced the Ann Arbor area with his presence now for a num r of years.

Tr ***ung Rinpoche*** and ***A'dzom Rinpoche*** are ordained members of Ngakpa Sangha of the Nyingma Tradition, the oldest of the etan Buddhist lineages. They are also holders of the Köncho Ba or Flaming Jewel Treasure teachings of Padmasambhava, the fou er of the Nyingma lineage. Unique to the Nyingma lineage is the ngha of ordained Tantric yogins who have developed methods for egrating the very deepest practices of the Tantric path into eve aspect of life.

Sh ***Layla Ritter, MA, LLP*** is a psychotherapist and healer who wo with light, sound, movement and energy. She has been a tea r, consultant and therapist for the past 20 years.

Pa ***degast*** channels Emmanuel. *(See listing for Emmanuel.)*

Ka ***rine Rogers, MFA*** is a Certified Feldenkrais Practitioner® wi 5 years of experience teaching art at the college level. She first be e involved with the Feldenkrais Method as a way of managing ch ic pain. She decided to become a practitioner after discovering no lly the Method's effectiveness, but also its corollaries to both the lucational and creative process.

Da ***l Rosenberg*** has been teaching Yoga in the Iyengar tradition sin 1993, and is certified. A while back, he traveled to India and stu d Yoga from Geeta and Prashant Iyengar. He also works as a ma ge therapist.

Pe ***Nash Rubin*** directs the Center for Sacred Theater in Ashland, OR She has been Jean Houston's associate for more than a de-

Ro ***e Rutz*** is a Registered Polarity Practitioner and bodyworker in A Arbor. She has completed course work with Franklin Sills in th utherland/Sills Method of Craniosacral work.

Sc ***Rutzky*** is a family law attorney with over 20 years of experi-

Sa ***d Song Sisters*** were brought together by Elise Bryant in 1995. T members include LaRon Willams, Julia B, Gae Winn, Hy K bluh, Dale Petty, ShoNahSii Rose, Jeanne Mackey, Robin W on, Jose E. Rosales, and Rhonda Williams.

F ***ces Salvato*** of the Chicago School of Massage Therapy has ad nced training in pregnancy and infant massage, energetic tech- ni s, sports massage, cranial work, and myofascial massage th py.

L ***a Sanders, MSW, ACSW*** is a specialist in child sexual abuse tr ment. She is a therapist and instructor at U of M School of S al Work.

L ***a Sayer, D.C.*** is co-owner of the multidisciplinary clinic Com- Chiropractic and Massage Therapy, a member of the Interna- l College of Applied Kinesiology and the Foundation for Chi- ro ctic Education and Research, and the Michigan Chiropractic So ety. She is certified in various chiropractic techniques and an in uctor in anatomy and physiology for a private massage school.

ndrew Schreiber, a percussionist for 25 years, has been ab- ing world rhythms since childhood. He has drummed in a vari- of musical settings as well as Rituals, Ceremonies and Life rming Celebrations. Most recently, he has been performing the Sacred Song Singers, and with Suzanne Willets-Brooks.

Schreiber, MA, MEd is assistant dean of the Institute for Min- , at the Sacred Heart Seminary. She is a photographic artist and ician. She recently traveled in the Celtic landscapes.

rey Simon has been a professional massage therapist for 20 s. She is certified in Bodywork for the Childbearing Year, and as nfant Massage Instructor. The focus of her work is in the special ls of women during pregnancy, birth and postpartum.

ndings: A Center for Women has expertise in offering support ps and workshops for women. Its facilitators have master ees in the areas of social work and counseling.

e Spriggs, LLPC has a strong interest in family support, nting, and life transitions with a major emphasis on early inter- tion and prevention.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. She works to "provide yoga and meditation education in its purity and wholeness following tradition".

Susan Steiner has worked professionally in human resources for over 30 years. She has done both formal and informal coaching and mentoring on issues such as women in the workplace, improving performance, personal and professional motivation and influence, process improvement and design. She has also studied with Natalie Goldberg and is a published writer.

Judy Stone, MSW is a nutritional coach who weaves together her experiences as a psychotherapist, chef, cooking instructor and holistic nutritionist. She is still looking for the perfect dinner companion who will cheerfully do the dishes after she cooks.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is involved in Government Relations as a Second Vice President for the American Massage Therapy Association.

Andrew Taylor focused his bachelor's degree in theater and speech in secondary education. He has been living *The Artist's Way* for three years.

Antoinette Thoin, MA is a storyteller and creator of YinSpace Expressions of Ann Arbor. She offers healing and insight workshops, individual consultations, spontaneous storytelling, creative writing and Earth Wisdom teachings.

Tanya Thunberg, MSW is a clinician and experiential educator. She draws from 8 years of experience working with women who have gone through personal and collective challenges.

Tsogyel-gar, formerly named Crazy Cloud Hermitage, is the center of the Flaming Jewel community of practitioners of the Nyingma tradition of Tibetan Buddhism. The Nyingma tradition is the oldest and original lineage of Tantra in Tibet and is unique in its Sangha of ordained non-monastic Ngakpa, or 'mantra wielding', practitioners. Tsogyel-gar exists for the study and preservation of the Ngakpa lineages.

Sangchen Tsomo is an ordained Naljorma, or Tantric yogini, of the Nyingma lineage. She has studied with a variety of Nyingma Buddhist lamas such as Lama Tharchin Rinpoche, Chagdud Tulku, Ngak'chang Rinpoche and Khandro Déchen as well as her root lamas, Traktung Rinpoche and A'dzom Rinpoche.

Turning Points is a non-profit organization providing information, education, support, and programs to men and their families.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Barry Vissell and ***Joyce Vissell*** are the authors of *Risk to be Healed* and *The Shared Heart.*

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups, and is a Level II EMDR therapist.

Sara Warber, MD is Co-Director of the UM-Complementary and Alternative Medicine Research Center for Cardiovascular Diseases, an NIH (National Institute of Health) funded center dedicated to research and education in integrative medicine. She has studied herbalism and spiritual healing for 14 years with a Native American healer.

Wendy Warrick is an experienced Feng Shui Consultant who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Lou Weir has been a part of the Diamond Heart School for 3 years.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 19 years of experience in the healing arts including 12 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past six years. Her training includes study with two Masters initiated by Hawayo Takata. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Beth Wiggert is a 1987 graduate of the Medical College of Virginia and a licensed physical therapist. She is an orthopedic clinical specialist, treating primarily spinal pain and dysfunction. She also teaches classes for physical therapists, physicians and dentists. She has been a student of Tai Chi since 1988, and was certified as an instructor by the Peaceful Dragon School in 1999.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. In addition to her work as a therapist, Lisa is a Pathwork helper, a musician, and a mother.

Sifu Linda Wolslau is a Tai Chi Master, certified by the Gentle Tiger Academy. She studied Temple Style Tai Chi 25 years ago and was the first woman in this country to be certified to teach in this authentic style. She also trained for seven years under grandmaster Woo Pak Zung.

Women with Wings-West is a local group seeking the supportive, transformational nature of women singing in a circle, honoring diverse spiritual traditions. Inspired by the Maine choral group, Womyn with Wings (directed by Kay Gardner), they hope to "co-create a safe environment where all women can sing, chant, hum or sway together—making a joyful noise or just a racket of fun!"

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being. She is also a certified Acupressure Technician.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Sukha Murray,*** Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

Gloria Zimet received her reflexology certification in Israel ten years ago. Her subsequent Reiki II certification and practice has enhanced her reflexology technique as well as her understanding of the healing process. She ha been teaching reflexology workshops at her office in the Natural Healing Center in Ann Arbor.

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This Funny Little Dance: Thoughts about Contact Improvisation

by Margot Lystra

How can I begin to describe Contact Improvisation? When asked, "What is it?" I often find myself rambling about "partnering form… shared weight… experiential movement… momentum…" I use all the appropriate words but never hit the mark. Asked, "What does it look like?" my best description is puppies playing. If only someone would ask instead, "What does it feel like?" because that is where the answers begin.

(the experience)

Slide
Touch
Timing
Bounce

Being inside a good contact duet is more exciting than any stomach-turning roller-coaster ride. No seatbelts, no seats. No rules or expectations. Just body-meets-body and the topsy-turvy sensation of center: tumbling, swinging, falling, leaping, encountering the unexpected.

Muscle-move
Momentum
Trust

Bone and tissue jostle through sequences in the body, attuning to my partner, accommodating and shaping the outer world.

I twist and turn around a shared center of weight with another dancer. It is as if my dance partner has become the air and thickened it for me, so that I can feel the anatomy and dynamics of my movement. For a second, I hover on my partner's shoulder. Next, my partner balances, hip-bones on my feet, me on my back with legs up in the air. We roll, and are both flat-out on the ground. One spin, two, and we are standing, leaning back to back…

It takes longer to read than it does to happen.

> "This funny little dance! What a gift - what a beautifully strange, specific exploration of being human."

History

All that follows has been gleaned from stories and writings shared by people who were there.

The birth-year of Contact Improvisation is widely recognized as 1972, when Steve Paxton, a former Merce Cunningham dancer, brought a group of men together for a performance project at Oberlin College. This performance focused on the dancers' sensations of falling, colliding, and standing still. It was a noticeable divergence from previous approaches to dance, such as the highly balletic and technical Cunningham style with which Paxton had begun. Contact Improvisation, by contrast, focused on discerning the natural tendencies of the body in relation to its environment: floor, air, gravity; with an experiential awareness of the body's composition: bone, tissue, muscle. This dance was, from the start, focused on the sensation rather than the appearance of human movement.

After that first Oberlin event, Contact Improvisation attracted an extended group of committed dancers who worked experimentally with each other to more fully explore and develop the form. Contact Improvisation grew in popularity, becoming more widely performed and practiced.

Performances were often bare-bones, almost workshop-like. Contact Improvisers rarely performed on stages, but rather in galleries and gymnasiums, wearing practice clothes rather than costumes. The title of one Contact Improvisation performance series in the early 70's, "you come, we'll show you what we do", clearly illustrates the intimate and experimental nature of these first Contact performances.

Meanwhile, the practice of Contact Improvisation spread through classes and jams, which were open movement spaces where people could come and dance with other people, testing out the sensations of a Contact Improvisation approach to movement. In jams, dancers of varying experience levels and abilities could come together informally to learn from each other in an intentionally non-hierarchical environment. This open attitude and focus on sharing information still pervades the Contact Improvisation community today.

(personal) History

Being an experience-based discipline, Contact Improvisation can be drastically different things to different people. For me, contact improvisation is first and foremost a movement meditation. My memory cells collect stories to illustrate this...

Contact Improviser, performer, and teacher Karen Nelson explained to me once, when I asked her about dealing with incessant talking inside the head, that she spent an entire year having only one conversation with herself while dancing. The conversation was, "what am I doing? Falling. What am I doing? Falling. What am I doing? Falling. What am I…"

After a lengthy discussion at a jam with a friend about the psychological and physical convolutions of what it means to have a contact duet, we remembered, like a sudden clearing in the sky, that at its root Contact Improvisation is simply about one thing: following the point of contact. Reminding ourselves, big smiles

Ali Wilson and Margot Lystra, performers and dancers.

em ged inside and out. Only when we had returned to is core did we begin, then, to dance.

Wh t am I doing? Falling.
Fo ɔw the point of contact.
Th e simple sayings are keys to unlocking the mind-bo focus necessary to find oneself doing Contact Im rovisation. Often, when one begins a dance, one no es the distractions of nervous brain-babble: "D es this look stupid? Should I have just moved my ar ? Does this person like dancing with me? Am I su ating too much? Am I being too friendly? Does s/he vant to stop now?" When the dance begins to re y *happen*, these thoughts dissolve, replaced by the re nant thrill of actuality. Drama, theater, psychol-o and fear drop away, leaving the human being in a is/her aspects: body, mind, soul. Person unified, e ɔuntering his/her world through the reality of to h, gravity, floor, air particles, and other people.

C ntact today

C ntact Improvisation is still thriving throughout the c ntry: in jams and classes, at festivals and perfor-m nces. Contact has also been integrated into the m vement practices of many contemporary modern d cers and choreographers, in the forms of release te nique, flowing movement styles, and athletic, d ing partnering work. The question is still asked, as it as in the 70's, "is Contact Improvisation really a p formance form?" Though those who perform it and t se who watch it would clearly answer yes.

e joint development of Contact Improvisation ɔugh performances and jams has very specifically ermined the form as we know it today. Due to this tinct childhood, Contact Improvisation has one foot he performance-art world and one foot in the nmunity-based social dance world. This unique sition has facilitated the influence of the form on a iety of areas, including the performing arts (as mentioned above), and body-therapy work. However, it has also made Contact a bit confusing to those who seek to understand it from the outside. In various attempts to define it, Contact Improvisation has been called art-sport, folk-art, and folk-dance. Throughout these various definitions, Contact Improvisation has remained an intriguing and unique mix of brainy post-modern art-house performance and playful, social, community-based activity.

(the experience)

Body-concept
Heart
The feeling of wind rushing past my ears
Full spatial radar
Kinesthetic awareness

The line of skin meets surface disappears, replaced with gradients of pressure: skin muscle bone. Lines between people become a matter not of separation/confrontation/collision, but of shared weight and momentum. Two bodies become a many-limbed creature with one center, one action. Dancing with each other in this intricate, wordless, movement conversation, we are not together or apart – we simply are.

Conclusions...

The practice of Contact Improvisation has taught me a few things. I am now acutely aware that what really happens in this life is that slow, hardly tappable undercurrent, the minute tug, the way the winds blow, imperceptible but constant. It is continental drift. At the same time, what really happens is the second-flash realization that we quickly swallow and cover with formed editor-thoughts, gone-before-we-see-it hints of experience. What really happens, happens when we aren't looking.

Contact Improvisation has provided me with ways of pushing these boundaries of awareness. I have learned to speed up physical actions to deal with fast-incoming information, and to slow down expectations to allow for the slow-time changes in habit and ability that come with regular practice of the form. In other words, Contact has satisfied the essential need to step out of context in order to be able to return to my "normal" life with new, heightened information. In this way, Contact jams and classes provide a special space in which to ask questions of the physical, actual world in order to remember and learn what goes on there.

One finds, after dancing Contact Improvisation for a little while, that throughout the form emotional and psychological analogies abound. Bits of experience in the dance offer themselves up ready-made to inform one's life beyond the studio. These metaphors remind us of the multi-faceted nature of body, trust, cultural conditioning, and fear. They offer hours of conversation material about humans, emotions, and relationships.

Yet beneath this complexity – white noise of the brain – lies the steady hum of the dance's clarity. In the jam and onstage, contact improvisers pare their environment down to the essentials: floor, air, gravity, other bodies. Then, they engage with what is there in order to see what will happen. We, contacters, meet, look at each other, roll and jump and fall and collide and spin and lean on each other, continually asking ourselves, "who, and what, are we?" The answers are endlessly intricate and intriguingly simple. This funny little dance! What a gift – what a beautifully strange, specific exploration of being human.

If you'd like to learn more about the local Contact Improvisation community, call Ali Wilson at 662-8213.

More writings on Contact Improvisation: *Sharing the Dance, Contact Improvisation and American Culture*, by Cynthia Novack. *Contact Quarterly*, a biannual journal.

Flaming Jewel

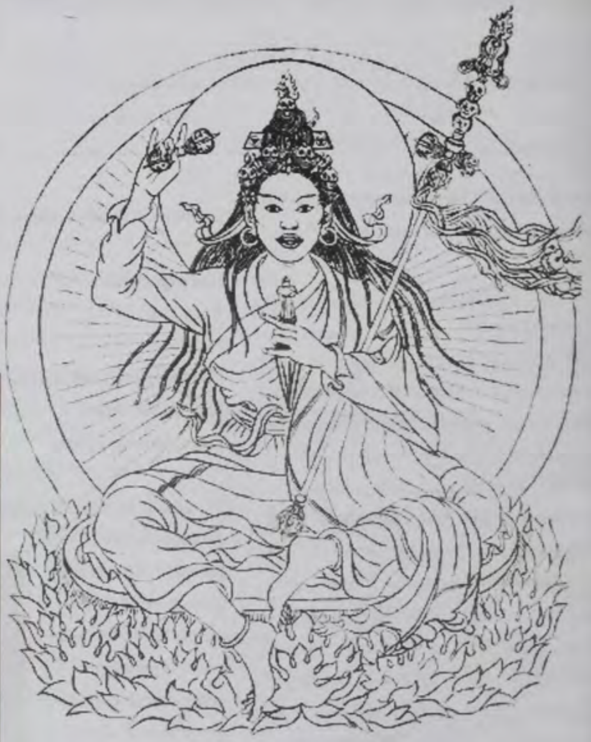
Teachings in the Tantric tradition of the Nyingma Lineage of Tibetan Buddhism

The teachings of Tantric Buddhism offer a profound opportunity to those who seek methods to discover the deep and abiding creativity, playfulness and energy which is the source of a meaningful life. The Nyingma lineage, founded by the Buddha Padmasambhava and the Dakini Queen Yeshe Tsogyel, is the oldest Buddhist lineage of the Tibetan tradition. It is the only lineage which has cultivated an ordained sangha and a path of non-monastic and non-celibate Tantric practice in the tradition of the great Mahasiddhas of India who integrated the deepest esoteric realization with every aspect of life. This Sangha is called the gö-kar-chang-lo'i-dé or White Skirt lineage of the Ngakpas, a word meaning 'mantra wielders'. Ngakpa Traktung Rinpoche, Ngakma A'dzom Rinpoche and Naljorma Sangchen Tsomo are ordained holders of this ancient and precious lineage. As western born lineage holders they present a unique and rare opportunity for those who wish to practice the methods of Tantra in a manner which is relevant to our own time and culture.

Crazy Wisdom Series

The second and fourth Wednesday of each month at
Crazy Wisdom Bookstore, 7:30 - 8:30 PM

This series of teachings is designed to offer a taste of many aspects of the teachings and flavor of the Tantric path. Each teaching is complete and may be attended without attending others. Teachings will be combined with multimedia presentations of music, art and awareness song to give a sense of the path beyond mere intellectualization and wordiness. For further descriptions please see the Crazy Wisdom Calender under Buddhism. Free and open to the public.



The Feast of Joy

"Those who rejoice in a feast of haunting and beautiful music shall know the blazing up of meditative experience." - Padmasambhava

The Tantric Buddhas Padmasambhava and Yeshe Tsogyel taught that awareness song and envisionment combined with music can produce profound meditative experience. The Feast of Joy is a musical journey that must be experienced to be understood. Deeply moving music opens a path of meditative joy that catalyzes our natural potential for actualizing wisdom and bliss.

January 27, February 19, March 18, April 22
7:30 - 9:00 PM. At the Performance Network,
Dance Gallery Studio - 111 Third St., Ann Arbor Michigan

Yeshe Tsogyel Empowerment

"To receive empowerment is to be kissed by space and wonder, to embrace the blessing power of the Buddhas and to ride the lightning flash of wisdom bliss. Empowerment is the doorway into the realm of mystery and vision that is Tantra."
- Naljorma Sangchen Tsomo

Yeshe Tsogyel is the Queen of Dakinis - the female Wisdom Women of Tantric Buddhism, the womb of primal purity and spontaneous presence of our own most intimate minds of wisdom and bliss. This empowerment opens the doors to Tsogyel's path of Tantric method. The awareness songs and visualizations of Yeshe Tsogyel are a window of discovery opening into the natural state of spontaneous great and unimpeded joy.

Sangchen Tsomo is an ordained Nyingma Naljorma, Tantric Yogini, who has spent the last ten years living on retreat.

Saturday, January 22, 2000 - 1:30 - 5:00 PM
New Center, 1100 North Main St., Ann Arbor

Visiting Lama and Terton

Rigdzin Namkha Gyamtso - known as the incarnation

Rigdzin Namkha Gyamtso Rinpoche is a Nyingma Lama from the Golok region of Tibet and a Terton - a holder of the Treasure Teachings of Padmasambhava and Yeshe Tsogyel. Rinpoche will be coming to Ann Arbor to visit with Traktung Rinpoche and A'dzom Rinpoche at the end of March, 2000. For information on public teachings by Rigdzin Namkha Gyamtso please contact Tsogyel-gar Hermitage in early March.

For information on these and other programs, teachings and retreats
Write to: Tsogyel-gar Hermitage, 7101 Liberty rd., Ann Arbor Michigan, 48103
734 - 741 - 1084 www.flamingjewel.org e-mail: information@flamingjewel.org

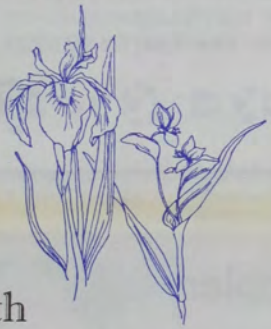
THE CRAZY WISDOM CALENDAR

ISSUE NO. 15

A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

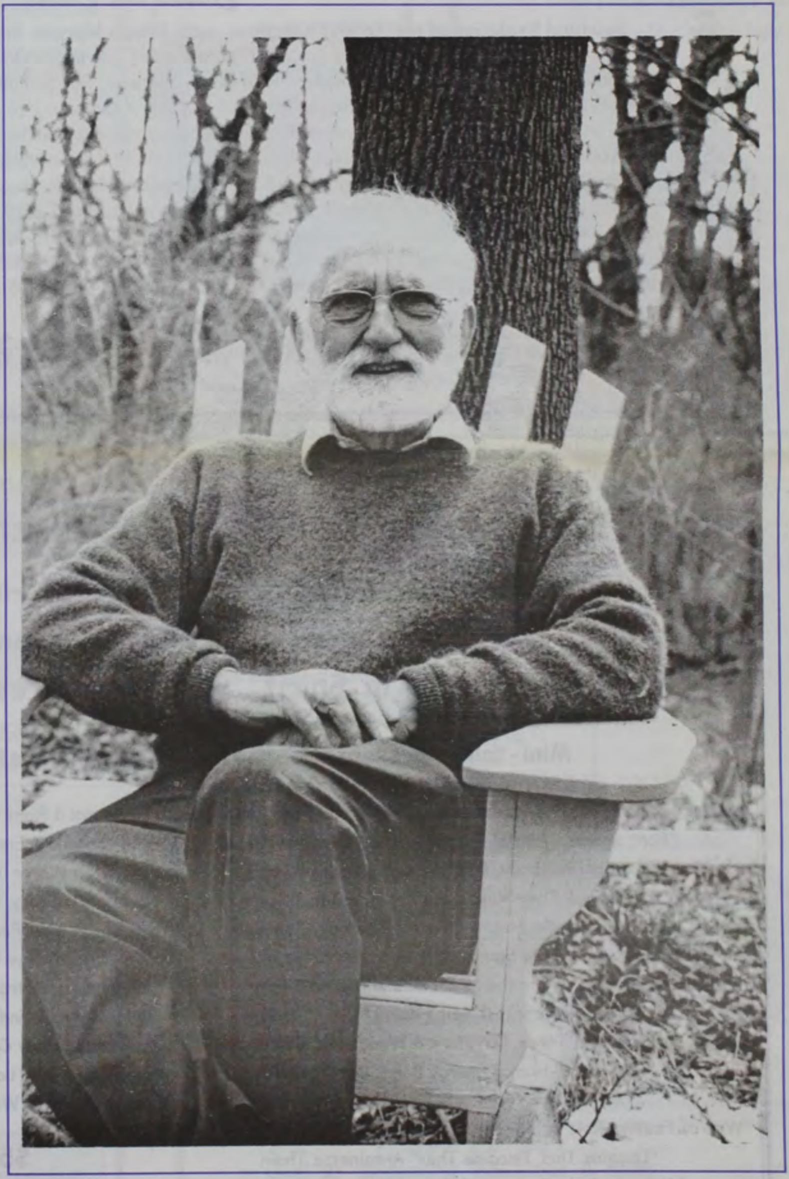
MAY THROUGH AUGUST 2000

The Crazy Wisdom Interview



with

U-M Professor
Max Heirich



Heirich Reflects
on a Career at the
Cutting Edge
of Social Change,
and on his own
Spiritual Evolution

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Background Info on the Teachers...........................Page 22

The Crazy Wisdom Interview with Max Heirich...Page 27

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Spiritual Evolution of the Animal Kingdom - with Brenda Morgan, Spiritual Teacher & Mentor, 5/7 in Ann Arbor. Call Susan at (734) 665-0536.

A Gathering In Spirit Weekend Sampler - with Betsy, Marliesa, Ray and many local and national other metaphysical healers, helpers and artisans who are connected to Brenda Morgan's *A Gathering In Spirit Summer Retreat Programs*. 6/17 & 6/18 in Ann Arbor. Mini-talks, presentations, private sessions, etc., will be available. Call Susan at (734) 665-0536.

Holistic Veterinary Medicine with Carolyn Blakey, DVM 7/16 in Milan. Animals Welcome! call (734)475-4230.

Introduction to Animal Communication with Marliesa Back. 5/6 in Rochester Hills; 5/13 in Dearborn. Call (734) 428-1451.

Animal Communication with Marliesa Back 6/3 & 6/4 in Dearborn, 8/19 & 8/26 in Manchester. Call (734) 428-1451.

Reiki for Animals with Ray Golden 5/13 & 5/15, also offered 7/15 & 7/17 in Ann Arbor. Call (734)663-9724.

Intuitive Awareness 1 "Awareness" with Ray Golden , 5/27 & 5/28 in Ann Arbor. Call (734)663-9724.

Reiki Intro & Healing Nights - First Thursday of each month with Ray Golden in Ann Arbor. **Free**. Call (734) 663-9724.

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"One Woman's Journey to Inner Enlightenment" Brenda Morgan
"Spot Speaks: Animal Communication" Marliesa Back
"Feng Shui for Body, Mind & Soul" Wendy Warrick
"Flower Essences & Their Role in Healing Your Life" Susan Fancy
"Neptune's Cradle: Healing Waters Therapy" Tom Egan
"Laughing Our Way to Spiritual Opening" Myra Neugeboren
"Landscaping for the Heart & Soul" Cecile Green
"Intuitive Awareness & Self Healing" Ray O. Golden
"Relating to the Trees, Furniture & Woodwork" Jim Dreyer
"The Animal-Human Energy Bond" Betsy Adams
"Feeling Into Your Past Lives" Robin Brophy
"Web of Feeling: Role of the Intuitive in Healing Earth" Avery Cleary
"Imagine This, Imagine That" Antoinette Thoin
"Share in Jia's Journey of Spirit" Janice Mastroianni
...and more!

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Saturday June 17th
& Sunday June 18th
9am to 6pm

$5 admission includes mini-talks
Individual session fees will vary

At the Quality Inn (formerly Ann Arbor Inn), 3750 Washtenaw Ave at US-23, Ann Arbor
For information/brochure, schedule of events, call Susan at (734) 665-0536.

Robert J. Allen

Practicing Mystic & Spiritual Advocate

[T]hose who attain the tinest measure of spiritual Grace find this Grace operating through them to heal people, to supply people, to care for people, to bring about changed attitudes, and to do all other kinds of miracles.
~Joel Goldsmith

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As a SPIRITUAL ADVOCATE or healer, Mr. Allen works with you, prayerfully knowing that whatever discord or dis-ease seems to be present in your life cannot survive in the light of God's Love. "To the average person, when a result is obtained by this method of work, it looks as though a miracle has happened, but such is not the case. It is only a miracle as everything else in life is a miracle."

Mr. Allen visits Southeastern Michigan on a weekly basis. If you would be interested in a consultation or class information, please telephone, write or fax.

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Contact: Ray Golden (734) 663-9724
IntuitiveHealth@aol.com

Directions: From U.S. 23
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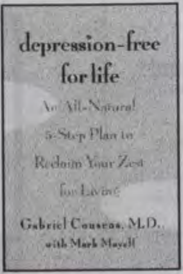
Dixboro Rd. - Go South
East Huron River Road - Turn Left
St. Joseph's Hospital complex - Turn Left
Elliot Dr. - Turn Right
Education Center building - #5305
Seminar will be held in the Auditorium



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Presentation by **Eve Avrin, Ph.D.**
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Audrey Simon **741-9706**

Notes and Comments

I recently returned from a very short stay in Jerusalem. I looked out from the window of my room at the King David Hotel on the old walled city, replete with 3,000 years of history. What a sense of historical and spiritual wonder Jerusalem inspires. By pure coincidence, Pope John Paul was in Jerusalem during the exact same days. As a Jew, seeing with my own eyes the Pope at the Wailing Wall was very moving. His gestures of reconciliation are genuinely historic, and I was glad to be present.

Living in the United States, Jerusalem always seemed distant, a place in the history books, and a place on the map. How wrong I was! Jerusalem is the sacred city for three of the world's great religions, and to *be there*, to *feel* its history, to absorb its political tensions and *spiritual power*, to recognize its continuing hold on our collective imagination, is exhilarating.

Meanwhile, back in our somewhat homogenous, somewhat provincial, relatively unimportant, altogether pleasant small city, spring has arrived. It wasn't a long or hard winter. But it sure was gray.

Readers of *The Crazy Wisdom Calendar* may notice some lovely graphics in this issue of The Calendar. Nicole Macdonald, a very talented young woman who works at the store, did these, and we are very pleased to finally have pen-and-ink sketches in our publication. We also have a new feature in this issue called "New Books by Local Authors". We look forward to hearing from other local authors whose books are soon-to-be-published.

The new Flaming Jewel Dharma Center, which is the public arm of the Tsogyelgar Tantric Buddhist Hermitage, had its grand opening a few nights ago. It was a very warm and lively evening at the new Dharma Center, located on East Ann Street. Flaming Jewel moved into the space which previously was occupied by the Jewel Heart Tibetan Buddhist Center (which moved to its own beautiful new home on East Washington Street last fall.) This same space had once been used by the Herb and Spice Co-op and the Tofu Co-op, so it has *years* of good energy associated with it.

We're just delighted to have two Buddhist centers within a couple of blocks of Crazy Wisdom Bookstore and Tea Room. We feel deeply connected to both groups, and it makes us happy to have them as neighbors.

—— Bill Zirinsky

Lughnasadh 2000

The Druids of Shining Lakes Grove, A.D.F., invite you to help honor the gods in a four-day festival featuring workshops, rituals, crafts, games, Fools' Competition, and more!

August 3-6, Emrich Conference Center, Brighton, MI
(734) 487-4931, wittke@home.net, www.msen.com/~robh/slg/

REIKI

Phyllis Lei Furumoto, Grand Master of the Usui System of Reiki Healing, will be in Ann Arbor from September 15-17, 2000. She will be conducting a series of one-day seminars for Reiki students of all levels. Phyllis is the granddaughter of Hawayo Takata, the woman responsible for bringing Reiki to the West. She travels the world guiding Reiki Masters and students to a deeper experience of the Usui System.

For information, contact Suzy Wienckowski, Reiki Master, at 734-665-8665.

If you'd like to hold an event,
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arrange for a reception,
BRING AN AUTHOR TO TOWN,
give a lecture,
demonstrate your bodywork skills, GIVE MASSAGES,
lead a seasonal ceremony,
or, organize a lunchtime
group meditation in downtown Ann Arbor...

perhaps,
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Call Avani Khanna or Bill Zirinsky at Crazy Wisdom
—734-665-2757—

Calendar Highlights for May – August 2000

1) **Larry Dossey and Barbara Dossey in Ann Arbor**
May 3 & May 4 (See Spirituality and Health))
2) **Orgyen Kusum Lingpa on Tibetan Medicine**
May 12 - (See Oriental Medicine)
3) **A Community Ritual with Sobonfu Somé**
May 14 - (See Ceremonies. Celebrations, and Rituals)
4) **Ecuadorian Shaman Don Alberto Tatzo–**
May 19 - (See Shamanism)
5) **Jungian Author Kathie Carlson**
May 19 - (See Jungian/Archetypal Psychology)
6) **Choi Kwang-do Martial Art International Health, Fitness and Self Defense Fair**
May 20 - (See Tai Chi and Martial Arts)
7) **First Annual Midwest Yoga Conference –**
May 31-June 4 - (See Yoga)
8) **"On Forgiveness" with Geri Larkin (Author of *Tap Dancing in Zen*)**
June 3 - (See Spiritual Development)
9) **Gregg Braden (Author of *Awakening to Zero Point)***
June 16 - (See Personal Growth)
10) **"A Gathering in Spirit" Weekend**
June 17-18 (See Ad on Page 2)
11) **Depression-Free for Life Seminar with Gabriel Cousens (Author of *Conscious Eating*)**
June 18 - (See Personal Growth)
12) **First Annual Michigan Women's Body, Mind and Spirit Weekend Retreat**
June 23-25 - (See Conferences, Fairs & Festivals)
13) **Creating the Life You Prefer with Bronwen Wildflower**
Starts June 26 - (See Personal Growth)
14) **Lost Art: Creating Intimacy Through Letter Writing with Kim Sanwald-Reimanis**
July 7-9 - (See Writing & Poetry)
15) **John Bradshaw at the Church of Today**
July 15 - (See Personal Growth)
16) **Women Sharing Power: A Workshop with Vicki Noble**
Starts July 15 - (Womenspirit)
17) **Concert/Poetry Reading with Laz of Gemini**
Aug 11 - (See Music and Sound)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the September-December 2000 issue is **Wednesday, July 26th** and the **deadline for paid advertising is Wednesday, August 9th.** The issue will be distributed starting August 25th. 4,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104.

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Photography Editor: Linda Lawson. Staff photographer: Charles Boyer. Staff Writer: Nathan Horowitz. Artwork in this issue was done by Nicole Macdonald. Transcribing of interview: Lynn Murdock. Editorial Assistance: Abbie Stahlin. Cover design: Molly Nuzzo.

Most of the quotes used in the calendar section were found in the book: *Little Miracles* by Dan Zadra and Katie Lambert. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Five New Books by Local Authors

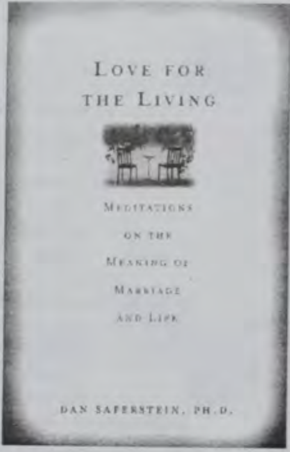
Reviewed by Nathan Horowitz

"Day-lilies find space to grow in last year's thicket of stalks. You don't have to clean up your past to make a new start." These lines by Ann Arbor singer/songwriter/poet Laszlo Slomovits sum up the message of all these books about healing and thriving in spite of whatever the past might have thrown at us.

FENDING FOR EACH OTHER

LOVE FOR THE LIVING

Meditations on the Meaning of Marriage and Life
By Dan Saferstein, Ph.D.
260 pp. New York:
Hyperion. $22.95



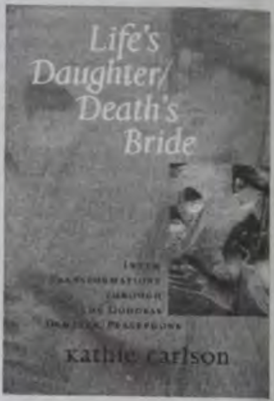
"This book is, in part, about how my life changed when my sister died," writes clinical psychologist Dan Saferstein. The subtitle is melifluous but slightly misleading, as marriage is only the most central of the many warm mammalian relations he explores in the aftermath of a family tragedy. Alternately very funny and sad, always straightforward, *Love for the Living* is about how we can become friendlier with our selves and our stories, and more open to the love of others. It's also peppered with useful advice. "Find a good therapist when needed," Saferstein counsels. And, "Enjoy your partner when you're not having sex." "Try listening to reggae music the next time you have to drive to a funeral," he adds. "Most of the songs are about hope and faith and love, and you can never have enough faith and hope and love when you're on your way to the cemetary." Saferstein's authorial voice is that of a trusted older brother who has learned a few important things he would like to pass along to you. He doesn't generalize, but observes specific incidents closely, weaving the fabric of his story from the strands of his life. The result is a book so honest and personal as to be quite universal, all about the currents of love that flow between humans.

> **Few of us plan on death teaching us to be better listeners. We assume we'll pick up the skills in some other way. Like maybe we'll come across a book that offers some helpful pointers...Then death comes and brings all the chatter to a halt.**
>
> **—Dan Saferstein**

A PASSIONATE ADVOCATE OF WOMEN AND THE GODDESS

LIFE'S DAUGHTER/ DEATH'S BRIDE

Inner Transformations through the Goddess Demeter/Persephone
By Kathie Carlson
251 pp.
Shambhala. $27.50



Jungian psychotherapist Kathie Carlson gives us an intense and scholarly work on the modern reverberations of the ancient Greek myth of Persephone. Briefly, that story tells how Kore, the young daughter of the grain goddess Demeter, was playing in a field, when the earth opened and Hades, the god of the underworld, snatched her up and carried her down to his dark domain. Demeter couldn't find Kore. No one would tell her anything. Depressed and then enraged, she cut off the growth of grain until a deal was struck among the gods whereby Kore—now called Persephone, the queen of the dead—would live in the underworld only four months out of each year.

> **To dream our way back to the "protoplasmic fullness and forcefulness" that infuse early pagan religion is a first necessity in approaching an understanding of this myth. We need to take on something of a "lunar consciousness"...**
>
> **—Kathie Carlson**

On one level, the myth is about the seasonal cycle of warmth and cold, of the death and rebirth of vegetation; on another, it is about the transcendence of human death. Carlson's focus, though, is about how the myth lives in each of us through its archetypes. Using clinical material from her practice, she argues that it is a true story of the human soul, as vital now as it was in the past. If we know how to approach it and work with it, it can show us the way out of any psychological hell, especially that of the shadow side of the patriarchy, and into a harmony of relations with ourselves and between the sexes within the natural world.

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at home
A guide to using alternative remedies and conventional medicine that will change your approach to illness

"Millions of people are searching for new and more inclusive ways to understand and work with health and illness," notes holistic healer and anthroposophist Sandra Greenstone in *Healing at Home*. With help from her husband, a Yale-trained M.D., she has created a manual for family health that balances mainstream and alternative practices. Don't get rid of your primary care physician, she cautions, but here are some gentle, powerful home therapies you can work with too. *Healing at Home* includes sections on the health benefits of movement, nature, and singing; baths, massage, and sacred objects; and poultices, teas, and enemas. A large portion of the book is devoted to the diagnosis and treatment of common illnesses, and another large part to herbs and foods with curative properties. Perhaps the book's greatest contribution is its vision of the mind-body connection. Much illness is seen as a natural process of body and soul renewal often set into action by psychological stress. Getting better, therefore, requires a change in day-to-day habits and an inquiry into the deep psyche to find the meaning of the illness; healing the body is then facilitated by being kind to the soul.

> Spending time in nature, especially with children, is a vital part of our family's well being. It's refreshing, soothing, and it just plain feels good. We have tried to bring nature into our daily rhythm by having outdoor time at a similar time each morning.
>
> —Sandra Greenstone

WANTED — SPECIAL EVENTS COORDINATOR

Crazy Wisdom Bookstore & Tea Room is looking for a Special Events Coordinator, to book and organize author signings, visiting speakers, community receptions, musical nights, whatever…to reconstitute our lecture series…to publicize store events…to create celebrations…8 hours per week.

We're looking for an enthusiastic, organized, personable individual who would like to build our special events programming over the next several years. Someone who already has knowledge about, and ties to, the body/mind/spirit community within the region would be a great plus, but it is not a requirement. Call Bill Zirinsky at the store.

Choi Kwang-Do
Health, Fitness, and Self-Defense Seminar
Saturday, May 20 9:00 am - 5:00 pm
Pioneer High School, Ann Arbor
Featuring 9th Degree Black Belt Grandmaster Kwang Choi!

- Presentation of Choi Kwang-Do
- Demonstrations
- Introductory Lessons Available
- Local Health and Fitness Fair
- Open to the Public
- All Martial Art Styles Welcome!

For Information Call 734 (697)-1950

Seminar Participants May Train All Day With Grandmaster Choi!

Adults $45 / Children $30 / Spectators $3
Family Rates Available
www.ckdmi.com

Five New Books by Local Authors

ARDIC MEDITATIONS

UR EYES ARE ITS WINGS

otes in a Heartland Journal
ook and Compact Disc
y Laszlo Slomovits
pp. Ann Arbor:
ttle Light Publications. $15

Our Eyes Are Its Wings
Notes in a Heartland Journal

Laszlo Slomovits, of the folk duo Gemini, ves us wise, mellow meditations on family, friend-ip, history and nature. *Our Eyes are its Wings* is a ok accompanied by a CD on which Slomovits sings d speaks the poems within a lilting soundscape of itar, flute, pennywhistle, and harp. One of the strongest pieces, "Martyr's Square," shows us the Hungarian Revolution of 1956 through a child's eyes, complete with a decapitated statue of Stalin, and Soviet tanks rolling through the streets of Budapest. We get a sense of Slomovits' personal journey. The young narrator of "Martyr's Square" urgently hopes for a way out of the chaos around him, whereas in other poems, the narrator is an adult in Michigan with a wife and a son of his own, celebrating the many blessings of family, nature, and peace.

Earth and Rain Send a Gift
To Our Three Year Old

Dear Daniel,

Here's the mud puddle
We promised we'd send.

No one is looking…
Jump right in!

—Laszlo Slomovits

CLARITY IN MODERNITY

TAP DANCING IN ZEN

By Geri Larkin
115 pp. Berkeley, CA:
Celestial Arts. $11.95

TAP DANCING
in Zen
GERI LARKIN
Author of Stumbling Toward Enlightenment and Building a Business the Buddhist Way

Dharma teacher and business consultant Geri Larkin's message links modern America to the ancient Buddhist tradition. Here is the message, from the Buddha by way of Larkin: "Live in joy. In peace." *Tap Dancing in Zen* is the funny, smart story of what it has been like for one woman who has tried to live that message. It's a self-help book in the sense that the old sutras are self-help books, deriving from the teachings of that great old psychologist, the Buddha himself. The idea of enlightenment comes across not as an all-or-nothing deal, but as a gradual increase in clarity and mindfulness brought about by diligent practice. Along with meditation, the sutras are a key part of Larkin's practice; she recommends especially one called the Metta Sutra, or Love Teaching, which is a blessing on all living beings. *Tap Dancing in Zen* is a clear-eyed look at the difficulties and rewards of breaking through the distractions of modern life—so similar to the clamor of the chatterbox mind itself—and into the profound inner peace that has been there at the heart of everything, all along.

> Loving-kindness is a kind of cosmic bottom line, and life isn't about pushing anything away. It's about embracing the whole damn mess.
>
> —Geri Larkin

These are all generous books, sharing precious drops of wisdom—crazy and not-so-crazy—which their authors have carefully, lovingly distilled from their very contemporary, very human lives. Enjoy.

Musicians Wanted
To play in the Crazy Wisdom Tea Room. We're open to various types of acoustic music — ethnic & folk, chamber & classical, percussion & harp... Call Joan at the Tea Room —665-9468.

Castle Remedies

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authentic
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of herbs &
vegetables

Ann Arbor
Farmers' Market
Saturday Stall #19
Wednesday Stall #5

Weber Center
Resonance and
Rhythms Workshop
July 22 - 23
Saturday, 10 am - Sunday, 1 pm

Participate in a playful and soulful exploration of rhythm and song. Experience singing using tone, chant and harmonic overtones. Learn the basic language of the frame drum family. Judy Piazza, noted singer, songwriter and percussionist is the presenter.

Songs of the Spirit Performance

Join us Friday, July 21, at 8 pm for "Songs of the Spirit Performance." Judy will share her rich and eclectic music in a candlelight performance blending guitar, vocals, native flute and percussion. Tickets are $10 at the door.

Weber Retreat and
Conference Center
Adrian, Michigan (517) 266-4000
www.op.org/adrian/weber

The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Self-Acupressure with Wasentha Young • April 14 and 21, 6:00-8:00 p.m. • There are some easy steps that you can use to help relieve stress-related tension. This class will introduce some to the potent points on the meridians (energy pathways). With the touch of one's own hand, using massage, gentle pressure and/or focused intent, one can facilitate the release of tension promoting the circulation of one's Chi (internal energy flow) in that area. Students will focus on the techniques of Acupressure and the potent points that release physical tension. $75. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Animals & Healing

Reiki with Animals with Ray O. Golden • May 13, 9:00-6:00 and May 15, 7:00-9:30 p.m. or July 15, 9:00-6:00 and July 17, 7:00-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

The artwork in this issue was done by Nicole Macdonald

Spiritual Evolution of the Animal Kingdom with Brenda Morgan • May 7, 1:00-4:00 • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred. The wisdom and insight flowing from such a transformation is the basis for this evening sharing. $50. Call Susan at 665-0536.

Animal/Human Energy Bond: Holistic Healing for You and Your Animals with Betsy Adams and other healers and practitioners • May 7, July 16, Aug. 6, 1:00-5:00 • The first meeting will cover spiritual evolution of the animal kingdom with Brenda Morgan. The second meeting will cover holistic veterinary medicine with Carolyn Blakey. The third meeting will cover holistic care, Reiki and animal communication with Marie Schoonover and Marliesa Bach. $50 each. Call 475-4230.

Aromatherapy

Using Essential Oils for Skin Conditions with Diane Flood • June 20, 7:00 p.m. at the Crazy Wisdom Meeting Room • Quick introduction into essential oils followed by how to use the oils and supplements containing the oils for various skin conditions such as eczema, psoriasis, etc. $5. Call 663-6720; psdi68@aol.com.

Using Essential Oils for Arthritis with Diane Flood • May 16, 7:00 p.m. at the Crazy Wisdom Meeting Room • Quick introduction to grade A essential oils. Then we will focus on oils and supplements containing essential oils to deal with arthritis. $5. Call 663-6720; psdi68@aol.com.

Art & Craft

String Games with Michele Gage and Marcia Gaynor at the People's Food Co-op • May 17, 6:30-8:00 p.m. • Come to the Co-op for an evening of play! We will show you how to make "string figures," which is a gentle way to twist and bend a loop of string to create games, tricks and animal shapes. Recommended for ages 6 and up. Younger folks under age 8 welcome with adult supervision. Call 994-4589.

Discovering the Artist Within with Trisha Shumacher • Ongoing evenings and weekend through June • These personalized lessons are designed to help you create something you have always wanted to make but you are intimidated by the creative process or clueless about the technique. Perhaps you want to sculpt a goddess, create a shield, cast your face and make a mask, draw or paint your dreams, learn black and white photography, silkscreen a t-shirt, make a garden stone or paint patterns on a chair. Design your own program, choose your class time and I will help you bring your ideas into form. $20 for a 2-hour group lesson. Call 248-542-0035.

Outdoors with Art with Shaqe Kalaj • Saturdays, May 13-June 17 or July 15- Aug. 19; 10:45-1:45 • Connect yourself to nature with art. Explore your individual interpretation of the outdoors through any medium of your choice: oils, acrylic, charcoal, ink, mixed media. For the 6 weeks, we will be at 3 different inspiring locations. Everyone works at their own pace and I come alongside to teach, inspire, motivate and challenge. No experience is necessary but a playful outlook. You may paint or draw realistically, abstractly or come up with your own style. I give much freedom and direction. $95. Must bring own supplies. Call 484-1176; imshacha@mail.digirealm.com.

Painting Intuitively with Shaqe Kalaj • Saturdays, May 13-June 17 or July 15-Aug. 19; 3:00-5:30 • This class will place you on a path to your own creative flow. Music, movement, poetry, memories, dreams, myth, god/goddess will accompany our return to intuitive painting. In order to break old conceptions of art and return to art as play, we'll be using tempura and clay and our tools will be brushes, hands, feet. Your artwork in this class will be expressive, symbolic, literal/nonliteral and abstract. This class is ideal for someone with no experience or someone wanting to free up their art and find healing. When we surrender control, we receive powerful inner imagery. $95 plus $25 for supplies. Call 484-1176; imshacha@mail.digirealm.com.

Children's Art Classes with Shaqe Kalaj • Sessions have 6 to 8 classes • For complete description, see listing under Kids & Young Adults.

Artist's Way

The Artist's Way with Jill Blixt • 8 Saturdays beginning May 6, 9:00-Noon • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image-making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. $30 per week includes suppers and art supplies. Call 665-4577.

The Artist Way Workshop with Andrew Taylor • 13 week sessions to be determined by students • The Artist Way Workshop is a time-tested, user-friendly, proven-to-work process. The best-seller self-improvement book by Julia Cameron is designed for both artist and non-artist. The book works under the encouraging and supportive principle that we are all created, creative beings. In a safe group setting, the course guides students along their life path. It helps them break through their creative blocks, systematically achieve their goals and in the realm of reality, create the lives of their most impassioned dreams. For cost, call 669-4262; drewman42@yahoo.com.

photo by Linda Lawson

Jill Blixt is a creativity coach who leads Artist's Way workshops.

Astrology

leeting of the Astrology Study Group with B. Rose Fine • May 7, July 23, Aug. 20; 3:00-:00 • This group is an informal and friendly gathering of serious astrology students and rofessionals who have been meeting since 1994. They use their association for networkng, engaging speakers, book recommendations and astro-babbling (cheerfully chatting bout astrology). They hold open forum discussions and are joined at various times by ong-time area professionals such as Richard Smoot, Vivienne and Deborah Kaye. Astroloers of all levels welcome. Free. Call 434-4555; brosefine@aol.com.

eborah Kaye speaks on Medical Astrology: Special Meeting of the Astrology Study roup • June 11, 3:00-5:00 • See above description. For this special meeting, Lansing rea astrologer Deborah Kaye will lecture on Medical Astrology. $10 donation requested. all 434-4555; brosefine@aol.com.

Ayurveda

The Art of Self-Healing with Kapila Castoldi • June 26, 7:00-9:30 p.m. • Basic introducion to Ayurvedic concepts and guidelines for healthy living. Free. Call Sri Chinmoy Centre t 994-7114.

Bodywork

odyTalk Module 1 with Terry Ruth • May 19-21 or June 16-18; Friday, 7:00-10:00 p.m., aturday 9:00-5:00, Sunday 9:00-5:00 • The BodyTalk System is a safe, non-invasive, imple and effective health care treatment system that uses the innate intelligence of the atient to specifically guide the practitioner, thus ensuring that the human body's remarkble healing capabilities are being utilized to their maximum potential. This course provides comprehensive introduction to the BodyTalk system and presents many powerful reatment techniques that address a wide variety of diseases. It is available to both lay eople wanting to be in a position to treat family and friends, and to existing or candidate ealth care practitioners who would like to enhance the effectiveness of their current reatment modalities and work toward becoming Certified BodyTalk Practitioners. BodyTalk s holistic and complementary to all other forms of treatment. Friday evening is free and pen to the public. $480 for the weekend. Call Linda Evans at 913-4709; ipsa@rust.net.

Rolfing: A Gentle Approach with Leland Austin • May 8, 6:30-8:00 p.m. • Often perceived s painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia vokes a taller, more graceful body in which inner strength, adaptability and centeredness eplace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 741-0038.

Core Strength - Simple Grace with Khita Austin • May 11, 6:30-8:00 p.m. • The Pilates-based method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique. Presentation is free. Ongoing classes available. Call 741-0038.

Introduction to Trager Bodywork with Eileen Dickinson • May 11, June 13 or July 12, 7:00-8:30 p.m. • Experience and learn about this intuitive approach to bodywork that utilizes movement, touch and a meditative state. Learn self-care movements that enhance the feeling of lightness and ease in your body. Come enjoy the feeling! Free. Call 717-4145; edickins@umich.edu.

Alexander Technique: Free Your Movement, Enhance Your Life with Alice Greminger • Thursdays at 8:00 p.m., Saturdays at 2:00 • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotions and creativity. Free introductory class. Thereafter, $10 per class, $50 for five-hour weekend workshop. Call 665-0849.

Chiropractic Lecture Series with Robert Koliner • All talks begin at 8:00 p.m. • These talks provide an introduction to the practice and philosophy of Bio-Geometric Integration, and offer an explanation of how this network of gentle chiropractic techniques can assist you to release physical, chemical and emotional stress and achieve optimal health. Free. Call 761-5908; naetdoc@aol.com.
May 8 • Eliminating Allergies - Permanently!
May 22 • Vaccines: Are They Really Safe and Effective?
June 2 • Healthier Children with Chiropractic Care
June 26 • Your Spirituality and a Healthy Nerve System
July 10 • A Healthy Spine Must Be Maintained from Birth
July 24 • Vertebral Subluxation: What Is It and Why Is It Devastating to Life?
Aug. 14 • Children and Chiropractic: Getting the Right Start
Aug. 28 • What is the Difference Between Biogeometric Integration and Regular Chiropractic?

Energy and Consciousness with Jorge Arenivar • June 2 and 3, Friday evening through Saturday evening • This experiential workshop will be held at the Upland Hills Ecological Awareness Center, nestled deep in the woods. Jorge Arenivar, with his powerful knowledge of moving energy, will guide you through physical and emotional exercises that increase consciousness and the flow of Life Energy. For cost, call 248-693-1021; uheac@igc.org.

Buddhist Teaching & Meditation

Meditation Group with Thich Nhat Hanh Sangha • Wednesdays, 7:15-8:30 p.m. • Sitting, walking and sitting meditation. All levels, including beginners, welcome. Free. Call 663-1589 or 734-254-8737.

Sunday Services at Zen Buddhist Temple • Sundays, 9:30-11:00 a.m. or 5:00-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. Donation. Call 761-6520.

Study Group on the Life of the Buddha at Zen Buddhist Temple • May 7, 11:30-1:00 • Conducted by Koho Joe Lukomski of the Maitreya Buddhist Seminary. $10. Call 761-6520.

Buddha's Birthday Celebration at Zen Buddhist Temple • May 20-21 • Everyone is welcome to join us for all or part of the celebrations at this most festive time in the Buddhist year. On Saturday and Sunday, there will be an informal cafe and book sale. Call 761-6520.
Saturday:
Special Service for Children, including bathing the baby Buddha • 11:00 a.m.
Blessing Service for Children, by appointment • 1:00 p.m.
Public Forum: "We're All Doing Time: Looking at Imprisonment" • 2:00 p.m. • We will start with a short video clip in which a former prisoner speaks of prison life, followed by a panel discussion by people doing dharma work with prisoners, then show the video, Doing Time, Doing Vipassana. $5 suggested donation.
Art Display: Women Prisoner's Art
Vegetarian Hors d'oeuvre & Dessert Buffet Extraordinaire • 6:00 p.m. • A wonderful feast followed by entertainment including American Buddhist music, Irish fiddling and more. $8 adult, $6 students, $3 children, $20 family; tickets purchased in advance. Cost is extra at the door.
Sunday:
Meditation • 9:00 a.m.
Special Religious Service • 9:30 a.m. • Including bathing the baby Buddha and renewal of our commitment to the Buddhist path, with a Shakuhachi flute meditation by Michael Gould.
Introduction to Zen Meditation • 3:00 p.m. • Talk and demonstration.
Lotus Lantern Lighting and Chanting Service • 7:30 p.m. • The lighting of beautiful flower lanterns dedicated to family and friends and all those we care about who need encouragement and love.

13th Annual Buddhist Peace Camp at Friend's Lake with Zen Buddhist Temple • May 21-25 • Emphasizing peace, cooperation, mindfulness and fun. Vegetarian food. Children, parents and other adults welcome. Family rate is $30 per child per day. Volunteers not accompanying children and non-working parents are asked to contribute $5 per day for food. Register by July 1. For further information, call 761-6520.

Liberation of Life Service and Vegetarian Picnic at Friend's Lake with Zen Buddhist Temple • June 17, 11:00 a.m. • **In keeping with the first precept, Not to harm, but to cherish all life. Call 761-6520.**

The Crazy Wisdom Calendar

Buddhist Teaching & Meditation (continued)

Summer Meditation Retreat in Chicago with Zen Buddhist Temple • June 27-July 2 • A period in which one can free oneself from all worldly ties and absorb oneself completely in concentration. It provides a wonderful opportunity for discovering wisdom mind and developing compassionate heart. Minimum attendance is two days. $300 for 5 days or $60 per day for non-members. Call 761-6520.

12th Annual Summer Lecture Series: Understanding Buddhism in Everyday Life at Zen Buddhist Temple • All lectures begin at 7:30 p.m. • Call 761-6520.
July 11 • Mindful Advocacy • Talk by Temple member and attorney Gary Boren.
July 18 • Three Women • Katie Mattingly, Toni Morales and Kate Tullis relate how they developed an interest in Buddhism, made a commitment to Buddhist practice and how their practice affects their lives.
July 25 • Three Men • Dean Handy, Mike Nowik and Jason Sonnenschein relate how they developed an interest in Buddhism, made a commitment to Buddhist practice and how their practice affects their lives.

Overnight Introductory Meditation Course at Zen Buddhist Temple • July 14-15, Friday at 7:00 p.m. to Saturday at 4:00 p.m. • For those who cannot attend the Thursday evening courses or who prefer the overnight retreat in order to learn meditation. $160 includes instruction, accommodation and vegetarian meals. Call 761-6520.

Ullambana Day at Zen Buddhist Temple • Aug. 13, 9:30 a.m. or 5:00 p.m. • A day to remember the dead and to offer a service for reconciliation, peace and liberation. Open to all. Call 761-6520.

Tibetan Buddhist Discussion Group at Karma Thegsum Choling Tibetan Buddhist Center • Tuesdays, 7:30 p.m. • Discussion of all aspects of Tibetan Buddhism based on books by important teachers of the Karma Kagyu tradition. Everyone is welcome. Bring your questions. Free. Call 761-7495.

Newcomers Open House at Karma Thegsum Choling Tibetan Buddhist Center • First Sunday of each month, 11:30 a.m. • Introduction to Karma Kagyu lineage, meditation practice and meditation instruction. Light refreshments served. Everyone welcome. Free. Call 761-7495.

Guide to Bodhisattva's Way of Life at Jewel Heart • Tuesdays, 7:30 p.m. • Gelek Rinpoche continues with teachings based on this text by 8th century author, Shantideva. A bodhisattva is one who has committed his/her entire life to becoming enlightened in order to help all beings become free from suffering. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Meditation at Jewel Heart • June 18 and 25, July 9, 23 and 30, Aug. 20; 11:00-12:15 • Concentrated meditation, taught in the Tibetan Buddhist tradition, is directed at bringing focus while stabilizing the mind. A tamed and trained mind is capable of concentrating on any material presented analytically and can then hold the focus to the point of the subject matter as well as steep in its realization. Open to all levels. Donations accepted. Call 994-3387; office@jewelheart.org.

White Tara Meditation at Jewel Heart • June 4, July 2, Aug. 6; 11:00-12:15 • White Tara practice is a guided meditation focusing upon the healing and long life qualities through White Tara as the embodiment of enlightened compassionate activity. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Foundation of All Perfections Audio Broadcast from Jewel Heart New York • June 8 and 22, July 6 and 20, Aug. 3 and 17; 7:30 p.m. • The Foundation of All Perfections is a text presented in verse form which guides the practitioner through the points of the Lam Rim in an abbreviated yet complete version. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

> What grows never grows old.
> - Noah Benshea

Lam Rim with Jewel Heart • June 25, July 23, Aug. 20; 1:30-3:30 p.m. • The Lam Rim is the essence of all the Buddha's teachings laid out in a step-by-step fashion. Through analysis and meditation of its methods, one develops realistic tools to apply to the challenges of everyday life ultimately directed to the attainment of Buddhahood for the benefit of all. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Teachings and Meditation at Flaming Jewel Dharma Center • Sundays, 10:30-Noon • Teachings and meditation on the path of Tantric Buddhism in the Nyingma tradition. The Nyingma lineage is the oldest of the Tibetan schools of Buddhism and the only one to have developed a Sangha of non-monastic and non-celibate practitioners alongside the better known monastic Sangha. This tradition, of women and men from every walk of life, specializes in developing an understanding of the way in which the Tantric Buddhist teachings can be integrated into every facet of experience. Donations accepted. Call 665-2456.

Words of My Perfect Teacher: Teachings with Namkha Rinpoche at Flaming Jewel Dharma Center • Ongoing dates • Namkha Rinpoche will teach on the foundations of t Dzogchen path from the works of Patrul Rinpoche. Rinpoche's teachings and this text m clear the foundation for Dzogchen, the pinnacle of the Buddha's teachings. $5 donation requested. Call 665-2456.

Entering the Path of Wisdom and Bliss at Flaming Jewel Dharma Center • Call for da • Each month, we will offer a 3-ho intensive teaching for those interested in exploring entry onto the path of Tantric Buddhism. We will explore the nature and requiremen of the path. This program compliments the ongoing programs at th center. $25. Call 665-2456.

Empowerment with Rigdzin Naml Gyamtso Rinpoche at Flaming Jev Dharma Center • May 20, 10:00 p.m. • Empowerment is the heart o Tantric Buddhism. Through empov erment, one is introduced to the powerful transformation power of wisdom and bliss and given a method for realization of Buddha Nature. Namkha Rinpoche will be giving empowerments of the three roots of Tantric Buddhist practice: Padmasambhava, Yeshe Tsogyel a Tse Pame. $30 requested donation. Call 665-2456.

Ceremonies, Celebrations & Rituals

Healing, Initiation, Ritual and Community with Sobonfu Some • May 13, 10:00-6:00 • With the intent of gaining an appreciation for initiation and sacred space, this workshop will explore the use of ritual practices common to the indigenous world of Africa and Sobonfu's ancestors. Among indigenous peoples of the world, ritual is used to connect with the vibration of nature, oneself, the community and Spirit. In our work, we will open the essential human need for initiation as well as a deep and radical exploration of the tru purpose and place of each individual. $125-$175 sliding scale. Call ShuNahSii Rose at 761-9148.

A Blessing of Our Children: Community Ritual with Sobonfu Some • May 14, 10:00-Noon • A community ritual celebration that offers a blessing of protection and well-being on our most valuable resource, our children. Drumming, singing, dancing and strengthening the heart of our community with the powerful, loving presence of Sobonfu and her ancestors to support us. Musical instruments and altar items welcome. $10-$20 per adult sliding scale, $5 for teens, age 12 and under free. Call ShuNahSii Rose at 761-9148.

Summer Solstice Ritual Celebration for the Family with ShuNahSii Rose • June 19, 7:00-9:00 p.m. • A seasonal celebration that welcomes the whole family to enjoy the bounty and warmth of summer with storytelling, song, rhythm, ritual and laughter. $10-$20 adults sliding scale, $5 teens, age 12 and under free. Call ShuNahSii Rose at 761-9148.

Sunday Candle Lighting Ceremony at Lighthouse Center • Weekly, 6:00-7:00 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations and visualization. Free. Call Prachi at 449-4381.

Memorial Day Meditation Service with Chetana of Lighthouse Center • May 29, 7:00-9:00 p.m. • We will light candles for all loved ones who have transcended. We will also have chanting, meditation and prayers. Potluck after service. Free. Call Prachi at 449-4381.

Beginner's Fire Ceremony with Mateyo Empie • May 17, June 21, July 19, Aug. 16; 7:30-10:00 p.m. • The fire ceremony is the most effective and fun way to heal ourselves and change our internal and external worlds. Beginners welcome to join us in this energetic and symbolic working drawn from Peruvian traditions that reconnect us with our Deep Selves and release restorative forces, producing immediate and practical changes in our lives. A potluck follows. $24 at the door, plus a nonperishable food donation to be given to a local food drive. Call 663-5505; snakewillo@aol.com.

Moon Lodge 2000: Women's Monthly Ceremony with Lynnette Michalik • May 19, June 16, July 15, Aug. 13 • An open circle of women gather on the full moon, praying in the sacred sweat lodge. We honor Sister Moon's gifts of receptivity and creativity and share our visions. Various themes, including elemental alignment and Goddess studies. Fire tenders always welcome. Free. Call 475-6030.

Solstice Celebration with Kathleen Schanz and Esther Kennedy of Weber Center • June 21, 7:30-9:00 p.m. • A mythic story will provide a thread throughout our evening gathering. Come in the light and warmth of Solstice as we tell the story, sing the songs, walk the labyrinth and dance the sun. Donations appreciated. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Channeling

rystal Clear Expressions Channeling Evening: Messages for the Millennium with anci Rose Gerler at Crazy Wisdom Meeting Room • May 1, June 5, July 10, Aug. 7; :00-9:00 p.m. • Professional Intuitive Nanci Rose Gerler channels messages of spiritual uidance and personal empowerment for this era of change from angels, guides and asters. $12. Call 996-8799.

pen House Channeling Sessions with Aaron through Deep Spring Center • May 3, 10, 7, 24, 31 and June 7, 14; 7:30-10:00 • Aaron is a Being of Light, a deeply loving and ise spirit who teaches with humor and compassion. He is channeled throughout the orld by Barbara Brodsky. At each weekly session, Aaron will give a talk and there will be time for questions and answers as well as a social period. Donations accepted. Call 971-455.

lother Mary Message Circle with Shala Kilmer • June 24, 7:00 p.m. • You will receive ersonal messages from Mother Mary channeled by Shala Kilmer. Find out what Mother lary has to say just to you. In addition, you will have a chance to ask her one question. 25. Call 248-258-8287.

asic Channeling with Shala Kilmer • Eight Mondays starting May 8, 6:30-9:30 p.m. • hannelers allow loving spirits to communicate using the channel's voice and body. With hala's help, you will be channeling from the first time you try. Limited to 10 students. $335 lus $4 book. Call 248-258-8287.

hanneling Level II with Shala Kilmer • Six Thursdays starting May 11, 6:30-9:30 p.m. • ou decide what kinds of spirit you want to channel, including your own Higher Self or od Within. This is a delightful class! Limited to 10 students. $245. Call 248-258-8287.

inding Your Soul Mate with Shala Kilmer • May 20, 10:00-5:00 • You will receive a etailed channeled reading describing your soul mate and what you can do to speed the rocess of meeting. Much more information from channeled sources on soul mating. imited to 12 students. Noon meal and snacks provided. $140. Call 248-258-8287.

ree Channeling Workshop with Shala Kilmer • May 24, June 11, July 16; 2:00-4:30 • hala teaches people to use their own channeling abilities. Results seen immediately. Free. all 248-258-8287.

Chronic Illness & Chronic Pain

hronic Fatigue and Fibromyalgia: Symptoms of Toxemia with Mark Rojek at Crazy Visdom Meeting Room • May 20, 10:30-12:30 • While science looks for a cause in the erm theory, auto-intoxification is the common denominator. Discover why homeopathy nd nutritional approaches do not always work. Learn how enzymes are the missing link in ptimal health. Call 433-9267.

upus Support Group with Erica Dutton • Fourth Monday of each month, Noon-1:30 • his support group is open to people with any form of lupus. It is also open to family and riends. The focus is support, education and sharing. Free. Call 677-3056; ldutton@aol.com.

ounseling Group for Women with Chronic Illness and Pain with Erica Dutton • Tueslays, 4:30-6:00 • This group is open to women with any kind of chronic illness or pain. hronic illness and pain can be an insulating and life-changing event. The group focuses n coping effectively, picking up the pieces, moving forward and creating a new life. Come nd share experiences and learn with other women. $35 per session. Call 677-3056; ldutton@aol.com.

Conferences, Fairs & Festivals

irst Annual Michigan Women's Body, Mind and Spirit Weekend Retreat sponsored by reative Spirit Center and Saginaw Valley State University • June 23 at 5:00 p.m. hrough June 25 at Noon • Feed your body, refresh you mind and enhance your spirit with diverse selection of experiences from which to choose, including Ann Russell-Lutenske's ne-woman show "Shirley Valentine", the Chenille Sisters and Judy Piazza's drum and ndigenous singing workshops. Free your self! For more information, call 517-790-4475.

Death & Dying

iving Well - Dying Well: Accepting Death as a Part of Life with Lorna Brown • May 13, 10:00-5:00 • An exploration of ancient and modern concepts regarding death and the lying process. Especially designed to assist all beings in integrating their own death into heir life experience, including exercises related to living and dying. $30. Call 428-8748; tarlabrow@aol.com.

Drama Therapy

heatre and Therapy: A Path to Personal Growth with Sara Schreiber • Eight Thursdays, May 4-June 22; 8:30-10:30 a.m. • Storytelling, art, ritual and drama therapy will enhance ur ability to meet our needs, satisfy our desires and support personal growth. We will use rt, ritual and theatre to enhance communication skills. $250 or $200 with early registration. all 662-1450 or 769-5330.

Empatheatre Five Day Intensive with Sara Schreiber and Richard Gull • June 13 at 6:00 p.m. through June 17 at 11:30 a.m. • These five days will be spent learning growth skills through theatre games. We will also use drama therapy, art and music to enhance our spontaneity. We will provide a safe place for people to experience their soul in the presence of witnesses. We will have fun in a place of safety and support. $455 includes vegetarian food, lodging, workshop and supplies. Call 662-1450.

Dreams & Dreamwork

Leila Circle with Suzanne Eastman • May 5, June 2, July 7, Aug. 4; 7:30-11:00 p.m. • Discover the wisdom of your dreams. Reenact puzzling dreams through psychodrama or reenter the dream through shamanic trance. $25. Call 973-0299; suzanne@home.msen.com.

The Spiritual and Healing Power of Dreams with Rebecca Mullen • Mondays, 7:00-9:30 • People are encouraged to bring in their dreams. Each person's dream is then experienced by the whole group - the "meaning" of the dream evokes feelings or vision. $5 per session. Call 662-5925.

> The effect of one good-hearted person
> is incalculable.
>
> -Oscar Arias

Drumming

DrumWomyn: An Orchestra of Drums • First and third Sunday of each month • This group recognizes and celebrates the special connection between women and the drum, providing diversified experience with the drum. Besides lessons, practices, workshops and the occasional performance, we hold celebratory and spiritual events, visit other drum groups, orchestras and circles, attend events predisposed to drumming and go to concerts that feature performing drum artists. Join us and get in the rhythm! Nominal costs involved. Call Sandra at 663-6440.

Drum Class from the Motherland with Ryan Edwards • Thursdays, 6:30-8:00 p.m. • Like water, Drumworks presents an ego-free, fun and educational drum class. Rooted in Malinke traditions, we will cover various West African rhythms, their cultural significance, as well as songs. $10 per class. Call 827-2764.

Beginning Afro-Cuban Hand Drumming with Chris Gates • Classes begin May 2, July 11 and Aug. 8; 7:00-8:15 • A month-long introduction to basic hand drumming techniques and traditional Afro-Cuban rhythms. Class meets once a week to learn and play rhythms on congas, djembes and other supporting percussion. No experience necessary. Drums provided. $36. Call 327-1892.

Repercussions Percussion Ensemble with Repercussions • May 13, July 8 • Vibrant, fun, very cool percussion ensemble playing Afro-Cuban, Afro-Brazilian, African and Arabic rhythms to get you moving and dancing in your seat and on your feet! E-mail Judy Piazza at jpiazza@igc.org.

Benefit Drum Circle Workshop for "Model Mugging" Women's Self Defense Workshops with Lori Fithian • May 21, 1:00-4:00 at Crazy Wisdom Meeting Room • Come learn how to drum, find your rhythmic self and help other womyn empower themselves, all in one afternoon drum workshop! Learn basic hand drum and percussion techniques and learn how to add your voice (vocal and drum) to a community drum circle. $20-$30 sliding scale with proceeds going to Model Mugging Scholarship Fund. Call 426-7818; lfith@yahoo.com.

Drummunity Circle with Lori Fithian • Monthly • Open community drum circles for the whole family. No experience or instruments needed. Come find your rhythmical groovy self in this circle! For more information, call 426-7818; lfith@yahoo.com.

Womyn's Drop-In Drum and Rhythm Class with Lori Fithian • Mondays, 7:30-9:00 p.m. • Learn to drum and find your rhythmic self in a safe, welcoming circle. Instruments provided or bring your drum. Be a part of the womyn's drumming tradition! $10 each night. Call 426-7818; lfith@yahoo.com.

Energy Healing & Esoteric Anatomy

Empower Yourself through the Magic of the Chakras with Robert Hughes • Eight Fridays starting May 19, 1:30-2:30 in the Crazy Wisdom Meeting Room • The class provides an in-depth study of each chakra. Participants will receive support and guidance in the capacity of each chakra. This is a participatory, experiential class format with both in class and take home exercises. $55. Call 827-1443; robertkhughes@hotmail.com.

Healing Night: Energy Healing led by Healing Practitioners through Essence Point • 7:30 p.m. • A core group of channelers provide a supportive atmosphere for a powerful, yet gentle healing energy to engage all in attendance. $10. For dates, call 913-9830.

Chakra Reading and Healing with Sheila Layla Ritter • May 23, June 13, July 11, Aug. 8; 7:00-9:00 p.m. • Each participant will receive an individual reading and healing, and learn some techniques for energetic self-care. Limited to 5 participants. $25. Call ChangeWorks Consulting and Therapy Center at 973-0684; layla@m-net.arbornet.org.

Energy Healing and Esoteric Anatomy (continued)

Weekend Sampler with Metaphysical Healers • June 17 and 18, 9:00-6:00 • Weekend sampler of metaphysical healers and helpers, both local and national, who have presented at Brenda Morgan's A Gathering In Spirit Summer Retreat Programs. Mini-talks, private sessions, presentations will be offered. Prices vary. Call Susan at 665-0536.

The Seven Major Chakras and Beyond with Ema Stefanova • June 3, 3:00-6:00 p.m. • The yoga psychic physiology will be explained: the major energy channels and centers (chakras). Guided meditation and relaxation for safe chakra awakening will be taught. For cost, call 665-7801; emastefanova@compuserve.com.

Kundalini: The Mother Power with Kapila Castoldi • June 19, 7:00-9:30 p.m. • A tremendous power lies dormant within each individual. It can be awakened through the meditative practice. The concepts of Mother aspect of the Divine, Prana and the chakras will be introduced. Free. Call Sri Chinmoy Centre at 994-7114.

Exercise & Fitness

Flexibility Focus with Mary Valerie Richter • Tuesday and Thursday, May 2-Aug. 24; 9:00 a.m. • Class features state of the art stretching techniques that are both biomechanically sound and back-safe. Participants will experience a greater range of motion, stress release and deep relaxation. $8 per class. Call 668-8681; bodyworx@mich.com.

Looking at Dance: Dance, Fitness and Body Awareness at Dance Gallery Studio • June 4, 3:30-5:30 p.m. • Looking at Dance is a monthly discussion series for all audiences featuring live performances. This month is a discussion of health benefits of dance and movement disciplines such as Pilates and Yoga. Free. Call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

Feng Shui

Feng Shui Basics with Lynn Meadows • June 7, 7:00-9:00 p.m. or June 10, 10:00-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30. Call 433-9102.

Feng Shui Beyond Basics with Lynn Meadows • June 10, 1:00-5:00 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60. Call 433-9102.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • June 13, 7:00-9:00 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $30. Call 433-9102.

Feng Shui in the Garden with Lynn Meadows • June 14, 7:00-9:00 p.m. • The ancient art of Feng Shui can help you create living natural surroundings that will feed your heart and soul, help you gain and retain a perfect state of health as well as provide space in which you can achieve your highest goals. Learn about plants that can eliminate toxins in your environment, awaken your senses and invite your presence in a way that will delight and satisfy the human need to be with nature. $30. Call 433-9102.

Feng Shui and Architectural Styles with Wendy Warrick at the Crazy Wisdom Meeting Room • May 8, 7:00-9:00 p.m. • This class will cover the variables related to the building of, or existing structures: the impact of various architectural elements and styles, site selection, the impact of natural elements, and using the 5 elements theory to assess site, structure and the surrounding buildings to determine the probability for health and prosperity. $30. Call 913-9619; wendygaia@aol.com.

Cultivating and Enriching Your Personal Chi and Body Image through Feng Shui of Clothing with Wendy Warrick at the Crazy Wisdom Meeting Room • June 19, 7:00-9:00 p.m. • What clothes or clothing styles best activate your personal chi or life energy? How can you use color in your wardrobe to raise the chi in your daily life? Using the 5 elements theory and my intuitive abilities with color and style, we'll come up with a personal style for each participant. $30. Call 913-9619; wendygaia@aol.com.

Developing Feng Shui Feelers with Wendy Warrick at the Crazy Wisdom Meeting Roo • July 17, 7:00-9:00 p.m. • Feng Shui is a blend of the rational and mystical. Get ready t jump off into the mystical with training to build intuitive skills specific to Feng Shui. Lear methods to help you sense - feel the quantity, quality and flow of chi (life force) in place and objects, enabling you to add more accuracy and perception to your Feng Shui knowledge. $30. Call 913-9619; wendygaia@aol.com.

Feng Shui for Realtors and Homebuyers with Wendy Warrick at the Crazy Wisdom Meeting Room • Aug. 21, 7:00-9:00 p.m. • What should you look for in a new house if you'd like to increase your potential for health, prosperity and happiness? What can realtors look for to find just the right home for their clients? Feng Shui can help you find house that does more than meet your functional and aesthetic needs through careful consideration of architectural style, site, surrounding buildings, compass points and layout. $30. Call 913-9619; wendygaia@aol.com.

Flower Essences

Flower Essences with Bronwen Sinclair Wildflower • May 13, 9:30-12:30 or May 17 an 24, 5:30-7:00 p.m. • This class presents an overview of flower essences, what they are and how you can use them in your life. Most people working with flower essences experience a feeling of gentle support that produces resolution of the issues addressed. The effect may seem subtle, but the impact can be profound. $30. Call 769-9014; bronwild@aol.com.

Deep Work with Flower Essences with Bronwen Sinclair Wildflower • June 3, July 1 an July 29; 9:30-3:30 • In these classes, we will work deeply with flower essences as tools for transformation. The first class will focus on traditional approaches to flower essences, centering around the Bach flower remedies, the Flower Essences Society essences and new ways to work with the Bach essences. The second class will focus on co-creative flower essence processes including the Perelandra processes. The third class will be devoted to my own essences, the Faerie Flowers. $180 or $70 if taken separately. Call 769-9014; bronwild@aol.com.

Herbs, Plants & the Garden

Herbs for Health and Healing with Bronwen Sinclair Wildflower • May 9 and 16, 7:30-9:00 p.m. or May 14, 1:30-4:30 • Presents an overview of using herbs to support your health and wellness, the different ways you can consume and use herbs and how to choose the most appropriate approaches for your situation. Herbs are an important preventative and also a first line of defense that may remove the need for more aggressive intervention. We will also include discussion of some of the common nutritional, tonic and first aid herbs. $30. Call 769-9014; bronwild@aol.com.

Wild Gardening with Bronwen Sinclair Wildflower • May 20, June 10, July 8; 9:30-2:3 • This class is a time to explore a more magical relationship to the plants that come voluntarily to our yards and gardens. Too often dismissed as weeds, these plants usually carry profound healing information for us if we will take the time to learn their language an honor their wisdom. You will be richly rewarded by the new friendships you make or deepen in the garden as you claim these plants as your allies. $150 or $60 if taken separately. Call 769-9014; bronwild@aol.com.

Herbal Wisdom Series with Linda Diane Feldt sponsored by the People's Food Co-op held at the Crazy Wisdom Meeting Room from 7:30-9:30 p.m. • Cost is free. Preregister at 994-4589.
May 2 • Herbal First Aid • Come learn what herbs to have on hand and how to use them for general first aid.
June 6 • Herbal Pet Care • Come learn about herbal remedies for natural flea control and supporting your pet's immune system.
July 11 • Herbal Allies for Men • Come ready to ask questions and to learn how herbs can improve men's health. Prevention, restoration and nourishment will be covered as well as support for the prostate, aging process and hormonal function.
Aug. 1 • Women's Cycles, Women's Health: Support for Your System • Learn some of the basic ways that herbs can help with common female health concerns.

Medicinal Michigan Herbs Workshop with James McDonald • May 21, Noon-6:00 • In the beautiful natural setting of the Upland Hills Ecological Awareness Center, you will learn about the identification, harvesting, preparation and medicinal uses for many local herbs. Participants will also make a tincture from a local plant and be given a pre-prepared bottled portion to take home. For beginners and knowledgeable herbalists alike. $25 members; $30 for non-members. Call 248-693-1021; uheac@igc.org.

Holistic Health

Healing Meditations of the Tantric Buddhist Tradition at Flaming Jewel Dharma Center • Wednesdays, 7:30-8:30 p.m. • Simple, practical meditations and exercises from the Tantric Buddhist tradition for promoting health and an increased sense of well-being. Alternating weeks will focus on gentle work with body, breath and energy and visualization, mantra and meditation. These meditations help balance and renew as well as discover the natural healing resources of the whole being. Donations accepted. Call 665-2456.

Navigating Health, Wellness and Disease: The Mind-Body Connection with Dr. Mehmet Oz • May 22, 7:30-8:30 p.m. • Dr. Oz has been exploring the world of integrating alternative healing with traditional medicine. At this free session, Dr. Oz will discuss the power of the mind to heal and will share his research and experience in providing holistic care. The session will provide ample opportunity for questions. Free. Call Sandie Schulze at 712-5400 or 800-231-2211 to register or for more information.

Finding Reliable Health Information on the Internet with Karlta Zarley • June 21, 7:00-8:00 p.m. • Where do you start when you want health information you can trust from the Internet? This class is appropriate for both alternative and conventional needs. Karlta will review discussing information with your health care provider, how to evaluate articles on your own and will provide a recommended list of reliable web sites. Call 994-4589.

Homeopathy

The Homeopathic Kit with Mary Tillinghast sponsored by Castle Remedies • May 6, 1:00-5:00; May 15 and 22, 7:30-9:30 p.m.; June 5 and 12, 7:30-9:30 p.m. • The Kit is a workshop covering the most frequently asked questions about homeopathy as regards its theories, principles and practical applications. The main focus of the class will be on how to use the remedies in the Castle Remedies' Home Care Kit. Having a kit is recommended and a class manual with handouts will be provided. Space is limited. $55. Call 973-8990.

Homeopathic and Herbal Remedies for Children's Health Care with Patty Brennan • May 6, 9:00-4:00 • What are some natural remedies that can be helpful in treating common ailments of children, from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries and emotional imbalances. $75 per family. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Infant Massage

Infant Massage Classes with Audrey Simon • Wednesdays, 10:30-Noon • 4-week sessions start monthly. Learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85. Call 741-9706.

Intuitive Awareness & Psychic Development

Accessing Body Wisdom with Bronwen Sinclair Wildflower • May 14, 9:30-12:30 or May 17 and 24, 8:00-9:30 p.m. • This class explores the nature of intuition, what it is and what it isn't and how to engage it more consciously in your life and health choices. We will explore kinesiology (muscle testing) and dowsing (using a pendulum) as ways to access your intuition. Class will be practical, interactive and fun. $30. Call 769-9014; bronwild.@aol.com.

Psychic Reading Practice with Anita McKay of Essence Point • May 11, June 8, July 13, Aug. 10; 7:00-9:00 p.m. • Essence Point offers a supportive environment for practicing psychic skills. Attention to grounding and distinguishing psychic energies is stressed. Newcomers required to have read *Basic Psychic Development* by John Friedlander and Gloria Hemsher. Donations accepted. Call 913-9830; mckays@concentric.net.

> How wonderful it is that nobody need wait a single moment before starting to improve the world.
>
> - Anne Frank

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • May 27 and 30 or July 8 and 9, 10:00-5:00 • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-Heart (Higher Self), and to do readings from that level. $139; $129 if paid one week in advance; $119 if you bring 2 or more friends. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • June 24 and 25, 10:00-5:00 • Continue to develop your intuitive perception and learn to recognize and heal layers of the aura. Connect with one of your healing guides to communicate and do healings. $149; $139 if paid one week in advance. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Time and date to be announced • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. For cost, call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Time and date to be announced • Learn to safely become a conscious channel, using a technical system as your foundation. For cost, call 663-9724; intuitivehealth@aol.com.

Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • May 27 and 30 or July 8 and 9, 10:00-5:00 • See above description for Intuitive Awareness 1.

Jungian/Archetypal Psychology

Life's Daughter/Death's Bride: A Jungian View of the Myth of Demeter and Persephone Lecture by Kathie Carlson at the Crazy Wisdom Meeting Room • May 19, 7:00-9:00 p.m. • The Greek myth of Demeter, Persephone and Hades is a rich tapestry of meanings and living symbol for the modern psyche still struggling with the shadow side of patriarchal power. This slide-illustrated lecture based on Kathie's latest book will explore the rich dimensions of the myth as well as suggest its workings in contemporary lives. $20. Call 517-244-1163.

Kids & Young Adults

The Social Spirit with Tom Egan • Second and fourth Thursday of each month, 6:00-8:00 p.m. • Offering an ongoing, spiritually dynamic, hands-on approach to socializing. Have fun exploring challenging activities, initiatives and games. Meet new people, learn about yourself and others and discover what you have to offer. Grades 7 and 8 or grades 9 and 10. $10 per night. Call 975-4431.

Childrens' Art Classes with Shaqe Kalaj • Six to eight class sessions • Host an art class in your own background where your kids and the kids in your neighborhood can find art or attend art classes at art in residence. Classes offer the experience of making art that allows the child to see their own potential while having fun. Some suggested classes: watercolor explosion, creative portraits, sculpture with painting, create like a famous artist, art around the world or animal art. $9 for one hour and 15 minutes includes supplies. Call 484-1176; imshacha@mail.digirealm.com.

Tai Chi Chuan for Kids with Lori Mikol through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • May 6, 13, 20, 27; 2:00-3:00 • Have fun with movements of Tai Chi Chuan. Exercises will be used to build relaxation, concentration and coordination skills in a playful and safe atmosphere for kids ages 6 through 9. $30. Call 741-0695.

Youth Repertory Project with Holly Hobbs at Dance Gallery Studio • July 10-14, July 17-20; 1:30-3:00 • Campers aged 10-14 will work with performer Holly Hobbs to create a new dance piece. This camp will culminate in a performance. $110. Call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

Creative Dance Camp for Pre-Schoolers at Dance Gallery Studio • Week 1: June 19-23, Week 2: June 26-30; 9:30-Noon • Campers ages 4-6 will have classes in creative dance and music. This fun, developmentally-appropriate morning camp also includes game time and story-based drama play. They will create a craft-based costume. $115 per week. Call Kate Sernett at 747-9995; dancegallerystudio@ameritech.net.

Summer Danscool at Dance Gallery Studio • June 19-July 6, Monday-Thursday, 9:30-Noon • Campers aged 5-11 will take daily classes in ballet, jazz and modern. This class will be organized according to age and level of experience. Weekly activities include craft projects, experiences in creative and technical dance and costume design. $290. Call Kate Sernett at 747-9995; dancegallerystudio@ameritech.net.

Camp Explorations with University of Michigan Exhibit Museum of Natural History • Five week-long sessions starting June 26, July 10, July 24, July 31, Aug. 7; Monday-Friday, 9:00-1:00 except the June 26 session, 8:00-Noon • Age-appropriate natural science camps for kids with three themes: Explore Michigan!, Travel Around the World! and Get Wet! Sessions are for ages 5-6, 7-8 or 9-10. Explore many different fields of natural history, including dinosaurs, astronomy and wildlife. Includes a trip to the planetarium, science experiments, creative art projects and hands-on fun in a unique learning environment, plus field trips to nearby natural areas and other local museums. $150 or $125 for museum members. Call Amy Harris at 647-6421.

Yoga for Kids and Parents with Ema Stefanova • June 4, 10:00-Noon • This class is most suitable for children ages 4-6. The focus is on the kids' yoga postures, breathing, relaxation (visualization) and meditation. Very popular. Register early. For cost, call 665-7801; emastefanova@copmuserve.com.

Love & Relationships

Finding Love On a Spiritual Path with Charlotte Kasl at Church of Today • May 6, 9:30-4:00 • Saturday seminar with Charlotte Kasl, author of *Finding Joy* and *If the Buddha Dated*. $25. Contact Marianne Dubuque at www.churchoftoday.com.

Massage

Drop-In Massages at Crazy Wisdom Bookstore with Michael Bratcher • Saturdays, 2:00-5:00 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Basic Massage Therapy: A Hands-On Class with Kevin Costello sponsored by People's Food Co-op • May 23, 7:00-8:30 p.m. at Crazy Wisdom Meeting Room • This experiential class will cover the history, benefits and "do's and don't's" of basic massage strokes. Expect to work with a classmate if you do not come with a friend. To preregister, call 994-4589.

Ann Arbor Institute of Massage Therapy Pathology with Margaret Szedenits and Maggie Miller • May 6, 8:30-5:00 • The study of the nature of diseases and the structural and functional changes produced by them. Therapeutic massage therapists are ethically responsible for recognizing clients' deviations from normal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can practice. $125 or $80 for AAIMT grads. Call 677-4430 or fax 677-4520.

The Crazy Wisdom Calendar

Massage (continued)

Sports Massage II Workshop with Jocelyn Granger and Jane Anderson • May 13 and 14, 8:30-5:00 • The goals of this segment of Sports Massage are to provide you with an overall perspective on and the techniques essential to sports massage, including the basic concepts of sports massage, skillful palpation, your role as a sports massage therapist, working with common injuries, maintenance of the athlete, corrective measures for the injured athlete and understanding the injury and its repair process. $225 or $140 for AAIMT grads. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520.

Myofascial Therapies I with Frances Salvato • June 16-18, 8:30-5:00 • An effective form of deep tissue massage which addresses postural distortions and chronic myofascial patterns of strain. Myofascial Therapy offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the days will be devoted to different sections of the body. $325 or $200 for AAIMT grads. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520.

Myofascial Therapies II with Jane Anderson • July 14-16, 8:30-5:00 • See above description for Myofascial Therapies I. $325 or $200 for AAIMT grads. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520.

Myofascial Therapies III with Jane Anderson • Aug. 18-20, 8:30-5:00 • See above description. $325 or $200 for AAIMT grads. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520.

Neuromuscular Therapy I with Jocelyn Granger • June 23-25, 8:30-5:00 • This workshop consists of the freeing and relief of chronically contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. $325 or $200 for AAIMT grads. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520.

Neuromuscular Therapy II with Jocelyn Granger • July 7-9, 8:30-5:00 • Continuation of Neuromuscular Therapy I. $325 or $200 for AAIMT grads. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520.

Neuromuscular Therapy III with Jocelyn Granger • July 21-23, 8:30-5:00 • Continuation of Neuromuscular Therapy I and II. $325 or $200 for AAIMT grads. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520.

Introduction to Massage with Margaret Szedenits • Aug. 26 and 27 and Sept. 9 and 10; 9:00-4:00 • This four-day program, not designed to train professional massage therapists, covers basic anatomy, contraindications, table/body mechanics and the general effects of the techniques used. $220. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520.

Massage for Couples with Peter Baker • May 20, 9:00-3:30 • Give and receive a full body massage with your partner. We will explore therapeutic and intimate/sensual massage during this day-long workshop. Class size limited. $65. Call Maryann Simons at 647-6838; www.peterjbaker.com.

Meditation

Meditation Everyone with Ema Stefanova • Four Sundays, 3:00-5:00 p.m. • Simple yet powerful techniques for meditation from yoga and tantra (the mother of yoga), such as inner silence meditation, color healing meditation, etc. No previous experience necessary. For cost, call 665-7801; emastefanova@compuserve.com.

Introductory Meditation Lecture with Chetana of Lighthouse Center • May 26, June 30, July 28, Aug. 25; 7:00-10:00 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 for first time or $15 repeat. Call Nirmala at 663-2218.

Blazing Joy of Meditative Experience at Flaming Jewel Dharma Center • Third Saturday of each month, 7:30-9:00 p.m. • The path that leads to meditative experience takes many forms. The great Tantric Buddha Padmasambhava said, "Those who rejoice in a feast of sacred music will know the blazing up of meditative experience." Come and discover a meditation that awakens the heart, enlivens the spirit and pulses with joy. Within the depth of celebration, discover the silence of the heart. $5 donation. Call 665-2456.

Meditation with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • May 5 and 12, 6:00-8:00 p.m. • There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle offering an opportunity for the individual to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation such as sitting, standing, walking, pondering, visualization, focusing and guided meditation. $75. Call 741-0695; www.peacefuldragonschool.com.

Photo by Charles Boyer

A physicist by training, Kapila Castoldi teaches meditation. She is the director of the Sri Chinmoy Centre of Ann Arbor.

Mastering Meditation with Kapila Castoldi • May 7, 14, 21 at 7:00-9:00 p.m.; July 11, 18, 25 at 7:30-9:30 p.m. • An introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation and self-improvement. Following the first 3 basic sessions, the program continues to lead the individual at creating and maintaining the habit of meditation. Meditative activities such as music and readings will be introduced along with an in-depth investigation of the philosophy of yoga. Free. Call Sri Chinmoy Centre at 994-7114.

Meditation for the General Public with Brenda Morgan • May 17, 7:00-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/ No Mind Within has occurred. This evening has been set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the Holy Spirit. Donations accepted. Call Susan at 665-0536.

Introductory Zen Meditation Course • Five Thursdays starting May 25 and July 6, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 for students. Call Zen Buddhist Temple at 761-6520.

Meditation Retreat • June 9-10 • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60. Call Zen Buddhist Temple at 761-6520.

Silent Group Meditation through Essence Point • Sundays, Noon-1:00 • Two periods of unguided silent meditation for 25 minutes each. Comfortable chairs provided or bring a cushion. People from all spiritual practices welcome. We encourage those who can't be present to join in from where they are during that time. Donations accepted. Call 913-9830.

One Day Non-Residential Meditation Retreat with Deep Spring Center Teachers • May 21, 9:00-5:00 • Insight or vipassana meditation is a simple, direct practice - the moment to moment investigation of the mind/body process through calm, focused awareness. It allows us to distinguish between obsessive thought and focused reflection, and to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness and negativity, opening our heart to deeper wisdom and compassion. This process of opening to ourselves moves from the practice period to the whole of our lives. We begin to know each moment as practice for our growth toward wholeness and harmony. The meditation derives from Buddhist teaching but no special religious beliefs are necessary to its practice and no forms or rituals are taught. This day is suitable for meditators who have had an introductory class of any sort. There will be instruction in sitting and walking meditation, silent practice and discussion. A silent room will be available for those already familiar with the practice and may prefer total silence. Mindfulness throughout the day, whether meditating, eating or walking by the lake, will be a focus. Bring your own lunch. Tea will be available. $35. Call Kris at 668-1385 or Dianne at 665-4298.

Monday Night Meditation with Deep Spring Center Teachers • May 8, June 19, July 10 and 24, Aug. 7 and 21; 7:30 p.m. • See above description of insight meditation. Beginning instruction, sitting and dharma discussion. Optional instruction begins at 7:00 p.m. $3 site fee with donations accepted. Call 971-3455.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • June 23 in the evening though June 25 in the afternoon, or week-long June 23-July 1 • See above description of insight meditation. We'll be alternating sitting and walking meditation. Mindfulness throughout the day will be a focus. Although the retreat will be held in silence, there will be clear instructions for beginning and advanced meditators, evening talks and optional discussion with teachers. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on non-dual awareness. We begin by healing the separation we may feel from our own heart, then offer this love to people in our lives and to all beings. $395 for the week or $195 for the weekend. For flyer, call Hal at 971-3455.

Introduction to Insight Meditation with David Lawson and Dianne Austin of Deep Spring Center • Eight Thursdays beginning May 4, 7:30-9:30 • This class will offer the basic instructions for insight meditation (see above description). $30. Call 971-3455, David Lawson at 662-8317 or Dianne Austin at 665-4298.

Continuing Insight Meditation with Cassie Cammann and Kris Kurnit of Deep Spring Center • May 4, 11, 18, 25; 7:30-9:30 p.m. • This class is appropriate for continuing students at every level who have completed an introductory class, have attended at least one retreat or meditation day or have parallel experience in this practice. $30. Call 971-3455 or Cassie Cammann at 662-6704; info@deepspring.org.

Insight Meditation with Barbara Brodsky of Deep Spring Center • April 25, May 9 and 23, June 6 in the evening • This class is appropriate for continuing students at every level who have completed an introductory class, have attended at least one retreat or meditation day or have parallel experience in this practice. Each semester, we focus on a specific aspect of practice. This year, our focus will be on bringing practice into balance. As we work to deepen wisdom, we also want to nurture the open and compassionate heart. We'll work with resistance and other difficulties in practice, and with support practices. Our intention is not just to become "good" meditators, but to cultivate our spiritual nature, our innate openheartedness and goodness. $12 suggested donation per class. Call 971-3455; info@deepspring.org.

Menopause

Menopause with Bronwen Sinclair Wildflower • May 9 and 16, 5:00-6:30 or May 13, 1:30-4:30 • This class explores menopause from a holistic body-mind perspective, as a time of transformation. We'll discuss common concerns of menopause as well as your specific hopes and fears, and natural allies to support you on this journey. Whether you are peri-menopausal or pre-menopausal, this class will give you an overview and specific suggestions to support you through this transition into your wisdom years. $30. Call 769-9014; bronwild@aol.com.

Transformation through Menopause with Bronwen Sinclair Wildflower • May 15 and 22 and June 5 and 12, 7:00-9:30 p.m. • In this journey for women in or beyond menopause, you will call on your ancestral wisdom and your crone self to guide you through menopause and into your future; we will work with the elements and the cycling of the moon to create and strengthen new rhythms, to replace the monthly cycle of bleeding and renewal that has marked your adult years. You will initiate dreams and visions of your elder years, honor the dreams of your childhood and youth, and find allies for your journey. It will be a time of sisterhood and celebration. $100 for four classes. Call 769-9014; bronwild@aol.com.

> Give thanks for unknown blessings
> already on their way.
> - Native American saying

Preparing for Menopause • May 1, 7:00-8:30 p.m. • Did you know that hot flashes, mood swings and other symptoms can occur as much as eight years before actual menopause? Designed for women ages 35-50, this presentation gives a comprehensive overview of the physical and emotional changes, symptoms and health risk associated with menopause - and how you can best prepare for and manage them. Presented by a nurse and a social worker. $5. Call Sandie Schulze at 712-5400 or 800-231-2211.

Lifestyle Strategies for the Menopause Years • May 15, 7:00-8:30 p.m. • Learn practical nutrition and exercise strategies to help you maintain vitality and health before, during and after menopause. For women in the late 30s through the 40s, making lifestyle adjustments now can reap numerous health benefits later, including easing some symptoms associated with menopause. For those in their 50s and beyond, it's never too late to begin. Presented by a nurse and a social worker. $5. Call Sandie Schulze at 712-5400 or 800-231-2211.

Menopause Options: Hormone Replacement and Complementary Therapies • June 19, 7:00-8:30 p.m. • Join us for an overview of the symptoms and health risks associated with menopause. You'll learn the facts about hormone replacement therapy and complementary therapies such as herbs, soy proteins and other nutritional supplements. Presened by a nurse and a social worker. $5. Call Sandie Schulze at 712-5400 or 800-231-2211.

Menopause Blues: The Risks of Hormone Replacement Therapy with Mark Rojek • May 6 at Crazy Wisdom Meeting Room, 2:00-3:30 • Learn how clinical research cannot justify HRT and what natural alternatives are available - it's a lot more than progesterone. Discover why Enzyme Replacement Therapy offers the safest choice for this transition in life. Call 433-9267

Men's Work

Men's Issues Therapy Group with Cam Vozar • Mondays starting May 1, 7:00-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation and divorce. $35 per group session. Call 747-9073; cvozar@aol.com.

Are You My Father? A Workshop for Men with Maurice Alberda • June 2 at 7: 00 p.m. through June 4 at 2:00 p.m. • This workshop will offer each participant the opportunity to search for the father his individual deep self needs to know. We will use a variety of means to experience and examine the image we carry of our biological or adoptive father, the effects that image has on our life and the possibility of recreating that image or our relationship to it in order to access more of our masculine potential. $150 or $175 after May 26. Lodging and meals are not included. Call 663-5541; turningpointsmen@aol.com.

Mime

Mime Theatre Workshop with Michael Lee through Dance Gallery Studio • June 11, 3:30-5:30 • Using techniques from the French vocabulary of Marcel Marceau and Etienne Decroux and the Polish vocabulary of Stefan Niedzialkowski, students will be given an introduction to corporeal mime. $20 or $15 for Dance Gallery students. Call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

Mothers & Daughters

Raising Strong and Confident Daughters with Carole Lapidos • May 13, 9:00-3:00 or June 6, 13, 20 and 27, 7:00-8:30 p.m. • It's great to be a girl! Parents of pre-adolescent girls (ages 5 and up) can develop practical strategies to help your daughters achieve and maintain high self-esteem. Do you wonder why elementary aged girls with healthy bodies are saying, "I'm fat"? Do you want your daughter to be able to know and voice her opinions? Join us to discuss the limiting cultural stereotypes daughters today face and develop practical strategies for countering these risks and limits. $65 or $120 per couple. Call Sandie Schulze at 712-5400 or 800-231-2211.

A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Toby Jacobowitz and Rochelle Kostant • May 20 or June 10, 1:00-5:00 • This class provides both mothers and daughters (ages 9-12) with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. Presented by a pediatrician and a social worker. $45. Call Sandie Schulze at 712-5400 or 800-231-2211.

Movement & Dance

Introduction to Flying Dance Meditation with Alani Galbraith-Kuzma and Tom Kuzma sponsored by the People's Food Co-op • May 9, 7:00-8:30 p.m. at Crazy Wisdom Meeting Room • Join us for an experiential introduction to the Flying Dance Meditation. This movement sequence can raise vital energy and promote self-development. Free. For registration, call 994-4589.

The Lomi Flying Dance Meditation: A Hawaiian Shamanic Tool for Rapid Spiritual Development with Tom Kuzma and Alani Galbraith-Kuzma • Wednesdays, 7:30-9:30 p.m. • Experience this kundalini-raising shamanic movement sequence. Simple and easy to learn, it will teach you for a lifetime - and if you desire - for all eternity. Come join us for a powerful, playful and exciting evening! $15 per person, $25 per couple. Call 477-9343; lomisong@lightworkers.com.

Dances of Universal Peace with Sylvia and John Middlebrooks • First Friday of each month, 7:00-9:00 p.m. • All are invited to join in simple circle dances accompanied by songs and chants from the world's spiritual traditions. This is meditation in motion. All dances are taught. No partner needed. $5 optional donation. Call 996-1332; jmidd@umich.edu.

Legacy in Motion: What Are the Legends of Your Past? with Antonio Francesco through Weber Center • July 14 at 7:30 p.m. through July 16 at 1:00 p.m. • While engaged in simple movement exercises, we will encounter our bodies as the archives to our personal history. We will acquire skills to map, mirror and witness life stories as well as to recall memories and rediscover legends contained deep within our muscles, bones and fibers. $125. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Intro to Somatics Workshop with Christina Sears Etter through Dance Gallery Studio • June 25, 3:30-5:30 p.m. • For dancers, actors and others, participants will experience a greater mind-body connection through stretches and simple floor patterns. This workshop will teach methods for increasing body awareness and pleasurable movement techniques that decrease stress and tension. $20 or $15 for Dance Gallery students. Call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

Women's Ways of Moving through Dance Gallery Studio • Thursdays, April 13-27, 9:00-10:30 a.m. • A movement awareness class that uses structured improvisation to discover personal movement possibilities. No dance experience necessary. Form a network of supportive women to help each other reach your movement potential. $27. Call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

The Crazy Wisdom Calendar

Movement and Dance (continued)

Summer Danscool through Dance Gallery Studio for Kids Ages 5-11 • June 19-July 6, Monday-Thursday, 9:30-Noon • For complete description, see listing under Kids & Young Adults.

Creative Dance Camp for Pre-Schoolers through Dance Gallery Studio • Week 1: June 19-23, Week 2: June 26-30; 9:30-Noon • For complete description, see listing under Kids & Young Adults.

Youth Repertory Project through Dance Gallery Studio • July 10-14, 17-20; 1:30-3:00 • For complete description, see listing under Kids & Young Adults.

Spring Classes at Dance Gallery Studio • May 1-July 2 and July 10-Aug. 20 • Classes for adults and children in ballet, modern, yoga, tai chi, jazz, hip-hop and creative movement. For complete information, call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

Looking at Dance: Dance and Artistic Collaboration through Dance Gallery Studio • May 7, 3:30-5:30 • Looking at Dance is a monthly discussion/demonstration series for all audiences. This month, meet local choreographers, visual artists and other art collaborators that make dance a multi-media event! Free. Call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

Peter Sparling Dance Company Open Rehearsal through Dance Gallery Studio • May 10, 1:00-3:00 • The PSDC opens its doors to the public. Get a sneak peek of their Ann Arbor Summer Festival 2000 performance. Free. Call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

Middle Eastern Veil Dance Workshop through Dance Gallery Studio • May 21, Noon-2:00 • This workshop introduces the exotic silks and rhythms of the Middle East. A veil dance is one component of a traditional "belly dance" routine. $20 or $15 for Dance Gallery students. Call Kate Sernett at 747-8885; dancegallerystudio@ameritech.net.

Contact Improv Skills and Scores with Suzanne Willets Brooks and Christina Sears • Mondays starting May 22, 7:30-9:00 • Develop contact skills to move in relationship with a partner. Develop trust, communication and a deep connection with your body in motion. Play scores to develop context for deeper exploration for our unlimited creative selves! $80 for 8 weeks. Call 482-2607; brooksjer@provide.net.

Moving from the Inside Out with Suzanne Willets Brooks • Mondays starting May 22, 6:30-7:30 • This class is designed for people who want to be gentle with movement. Based on somatics, we will open energies and stretch body, mind and spirit. This class is process oriented and allows the whole self to be present. $65-$80 sliding scale. Call 482-2607; brooksjer@provide.net.

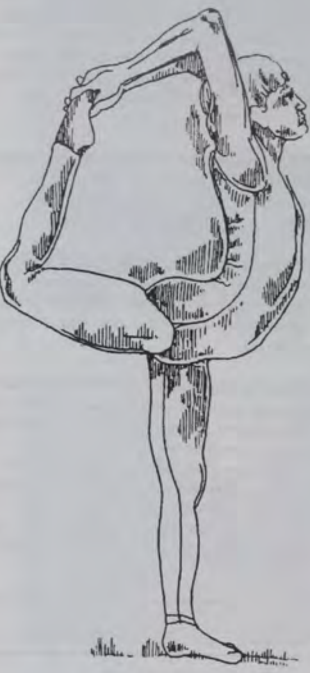
Life Dance I and II with Suzanne Willets Brooks • Life Dance I: 8 Tuesdays starting May 23, 6:00-7:30 p.m.; Life Dance II: 8 Saturdays starting May 20, Noon-1:30 • This class is a fun, empowering integration of yoga, modern dance and African-based movement. We will be moving to live drum accompaniment. Explore and create in a supportive community environment. $80. Call 482-2607; brooksjer@provide.net.

Ann Arbor Authentic Movement Group • Bi-weekly evenings, usually Wednesdays • We are a self-facilitated peer group meeting since 1996 to explore authentic movement in community. We approach authentic movement as personal process, psychological narrative, creative resource and divine play. We invite those who seek to cultivate awareness of their embodied selves to join us. Nominal fee to rent space. Call Robin Graubarth at 665-2344 or redrobinah@aol.com; Peter Norlin at 878-2900 or pfnorlin@ameritech.net.

> There is no surprise more magical than
> the surprise of being loved.
> - Charles Morgan

Earth Dance with Jesse Richards • 6 weeks starting May 1 • Level 1: (Beginner to advanced beginner) Saturdays, 3:00-4:15; Level 2: (Intermediate) Mondays, 6:30-8:00 p.m. • Earth Dance combines many styles including jazz, African and martial arts. It is an exciting, energetic dance style which develops a strong sense of strength, alignment and joy of moving. Earth Dance reminds us we are part of nature and that dance is a way of life - a part of our spirituality, sexuality, work, politics, health, etc. To bring a greater richness to our dance experience, we also include some chanting and song. $54. Call 995-2972; jessing@msen.com.

Music & Sound



Concert/Poetry Reading with Laz of Gemini • Aug. 11, 8:00-10:00 p.m. at Crazy Wisdom Meeting Room • Laz of the popular local folk music duo Gemini will perform a concert/poetry reading featuring songs and poems from his recent book, *Our Eyes Are Its Wings*. (See review in this issue of the Crazy Wisdom Calendar.) Also included will be new songs and poems accompanied by guitar, mandolin, fiddle and folk flutes. Free. Call 665-0409; gemini22@mich.com.

Resonance and Rhythms Workshop with Judy Piazza through Weber Center • July 22-23 • The workshop will integrate the power of pulse, frame drum technique and language, Arabic, West African, Native and South Indian rhythms with indigenous singing. A transcultural approach to freeing the voice through tone, chant, song and harmonics. For cost, call 248-656-1071; jpiazza@igc.org. Or call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Songs of the Spirit Candlelight Concert with Judy Piazza through Weber Center • May 12 and July 21, 8:00 p.m. • An intimate gathering, a weaving of vocals, percussion, guitar and native flute. Earth-honoring songs with gentle yet provocative messages regarding relationship to self, each other and our earth. One-of-a-kind vocal/percussion compositions. Frame drum solos on the tar, riq, bodhran and more. Call 248-879-1654 or jpiazza@igc.org. Or call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Native American

Nature as Mirror with Jeanne Mackey and Pattie Postel of Weber Center • June 24, 9:30-4:00 • Using a version of the medicine wheel, we will explore four aspects of human nature, body-psyche-mind-spirit, corresponding to earth's four seasons. Each participant will identify a personally significant question and seek answers through solo time in nature in the tradition of a Native American medicine walk. $50. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Nature & Environment

Reconnecting with Nature, Connecting with Source: A Workshop in Creativity with Tricha Schumacher • Ongoing daily from July 5-18, Noon to sunset • Come spend a day at the Pinery Provincial Park in Ontario. Walk through the woods, sit on a sand dune, feel the sun, collect stones from the shores of Lake Huron, listen to the water and watch the sun go down. By reconnecting with nature, we find our own true nature. During the day, there will be time to paint, draw, sculpt, meditate, journal or photograph the landscape. Simple exercises and gentle guidance will be provided. Overnight stay is available for an added fee. $45 plus park admission fee. Call 248-542-0035.

Naturopathy

A Naturopathic Approach to Candidiasis and Yeast Infections with Michele Loewe sponsored by the People's Food Co-op • May 18, 7:00-8:00 p.m. • Dr. Loewe will present an outline of how to address candidiasis and yeast infections through the use of nutrition, homeopathy, herbs, stress management and lifestyle changes. Free. To register, call 994-4589.

A Naturopathic Approach to Fibromyalgia with Michele Loewe sponsored by the People's Food Co-op • June 15, 7:00-8:00 p.m. • Dr. Loewe will present an outline of how to address fibromyalgia in ways that support your system, using nutrition, homeopathy, herbs, stress management and lifestyle changes. Free. To register, call 994-4589.

Numerology

Learn to Tell Fortunes with Numerology with Richard Maurer • Nine Thursdays, June 1-July 27; 8:10-9:10 p.m. at Crazy Wisdom Meeting Room • In this fun class, you will learn how to use a person's birthdate and name to do a detailed personality chart using the science of Numerology, and to tell that person's fortune. The required textbook will be *Numerology the Complete Guide, Volume I* by Matthew Oliver Goodwin. $35. Call 484-5123; esoterica123@aol.com.

Nutrition & Food Medicine

Energetic Food Analysis with Tom Egan • June 22, 7:00-9:00 p.m. • Receive an energetic food analysis and feel how those foods compare with other members of the group. Find out your specific foods that generate and degenerate health for your unique constitution. Hone in your intuition through a process of kinesthetic comparison. An experiential workshop with readings, channeling, questions and answers and discussion. $25. Call 975-4431.

Oriental Medicine

Medicine and Healing in Tibetan Vajrayana Buddhism: A Free Public Talk with His Holiness Orgyen Kusum Lingpa at the Michigan State University Union • May 12, 7:30 p.m. • His Holiness Kusum Lingpa is trained as a Tibetan physician and is widely renowned in his native Tibet as a healer. He is reputed to have accomplished numerous healings and is regarded as an emanation of the bodhisattva Vajrapani, just as H.H. the Dalai Lama is regarded as an emanation of the bodhisattva Avalokiteshvara. Unlike many Tibetan Buddhist spiritual teachers, he still lives in Tibet, and is the spiritual head of five monasteries there. In 1999, he dedicated a religious monument called the Stupa for World Peace in the region of his native Golok, Tibet. This is his first visit to the upper Midwest, and represents an extremely rare opportunity to hear and see a renowned traditional Tibetan spiritual teacher and healer. Free. $35 per day for empowerments taking place on May 13 and 14. Call 616-761-3771; grail@iserv.net or http://www.iserv.net/~grail/hhkusumlingpa.html.

5 Element Theory with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • May 19 and 26, 6:00-8:00 p.m. • The 5 Element Theory is the foundation of traditional Chinese medicine. The Chinese indentifications within the character of the word "element" imply movement, a coming together, exchange and change. Learning about the 5 Element Theory helps to bring clarity in comprehending the qualities associated with the organic process of nature. The increasingly poignant and revealing concept of the complementary or generative cycle as well as a destructive, degenerative or controlling cycle relative to our existence is expressed in this theory. $75. Call 741-0695; www.peacefuldragonschool.com.

Message of the Meridians with Nicholas LaCharrubba • May 20-21, 10:00-5:00 • This workshop will focus on simple techniques for treating symptoms of depression, anxiety, PTS, ADHD and addictions based on ancient Chinese practices including five elements and meridian theory. The workshop focuses on holistic healing modalities exploring the connection of body, mind and spirit. While directed toward mental health professionals, all are welcome to attend. $210. Call 433-4213.

Parenting

Fathers & Fathering: Breaking the Mold with Michael Andes and Nick Meima sponsored by Turning Points • June 17, 9:30-7:00 • What is a father? How do we rate ourselves? Our fathers? How do we support our children? How did our fathers support us or not support us? How do we become more loving, "stronger" fathers? Various experiences and processes will be used to facilitate a thorough exploration of the issues. The workshop will be held in a rustic setting on a private lake. $60. Call 663-5541 or 662-5215.

Neurofeedback: A Safe, Effective Alternative Treatment for Attention and Behavior Problems with Eve Avrin • May 20, 2:30 at Crazy Wisdom Meeting Room • This presentation will mainly explore options for parents with children who have attention and behavior problems at home and in school, and ways parents can best understand and help their children. The emphasis is on Neurofeedback, an extremely effective (with an approximately 80% success rate) alternative or adjunct to medication. It is a natural self-healing treatment that brings balance, harmony and increased self-esteem to children and adults. Free. Call 913-9870.

Boot Camp for New Dads • May 4, May 11, June 14, June 22, July 13, July 27 or Aug. 3 from 6:00-9:00 p.m. or May 20, June 3, July 15 or Aug. 26 from 9:00-Noon • This one-day program allows new fathers to "hit the ground crawling" when their first baby arrives and head in the right direction forming a new family with mom. This highly successful program in which veteran fathers orient "rookie" dads who are expecting their first baby by using a man-to-man training approach based upon the best traditions of sports and military organizations. It also uses a very soft touch in the form of babies that are brought by their veteran dads to the class. $20. Call Sandie Schulze at 712-5400 or 800-231-2211 to register.

Personal Growth

Creating the Life You Prefer with Bronwen Sinclair Wildflower • June 26, July 10 and 17, Aug. 21 and 28, Sept. 11 and 18; 6:30-9:30 p.m. • In this class, spread over 3 months between solstice and equinox, you will practice how to be responsible for and to the life you presently enjoy and the life you would prefer. You will learn a process and techniques to bridge the gap between the present and the future, in whatever arena of your life you choose to focus during this time together. Class will also include guided visualizations, writing, reflection and practice between classes. $250. Call 769-9014; bronwild@aol.com.

Assertiveness Training for Women with Sandy Prochzazka • May 24, 7:30-9:00 p.m. • Learn to express your beliefs, feelings and wants in an honest, direct and appropriate way. This is both a theoretical and practical class. Common barriers to assertiveness will be discussed, and you'll receive exercises to take home and practice. Free. Call Sandie Schulze at 712-5400 or 800-231-2211 to register.

Understanding and Becoming the Way We Are with Kathy Blough • June 16, 23 and 30 or July 14, 21 and 28; Noon-2:00 • This seminar is for people who wish to understand more about their thoughts, feelings and behaviors, how past decisions continue to affect our lives in the present and how to make changes and become the person we want to be. $25 per session. Call 327-2040 or 930-0864.

The Freedomtown Lectures with Rich Rahn • May 26, June 30, July 28, Aug. 25; 7:00-8:30 p.m. at Crazy Wisdom Meeting Room • By clearly understanding that consciousness is reality, you are free to explore all the possibilities your life has to offer. Rich Rahn, author of *Evolve Yourself* and founder of Freedomtown, offers a unique series of practical insights into changing your life for the better. Free. Call 248-258-9100; www.richrahn.com or richrahn@richrahn.com.

> Believe there is a great power silently working all things for good, behave yourself and never mind the rest.
>
> - Beatrix Potter

Get A Life with Jill Blixt • Aug. 19, 9:00-12:30 • We say "Get a life" rather than try to create one that gives us joy. Come spend a summer morning to help yourself open to your heart's desire and identify what you really want in life. Through writing, collage and creative play, renew your optimism and create momentum for manifesting your heart's desire. $35. Call 662-0282.

Elemental Alignment Workshop Series with Lynnette Michalik and Jackie Gavrin • July 8, 15, 29 and Aug. 5; Noon-4:00 • Each workshop session will focus on one element with a presentation followed by simple exercises and practices to align with the element. Meditations, movements and art making will fill our afternoons. $25 per class. Call 475-6030.

EMDR: Eye Movement Therapy with Sheila Layla Ritter • June 6 or Aug. 29, 7:00-8:00 p.m. • This intro to EMDR explains how this exciting new therapy method helps people move more quickly through long-held pain. It is useful for trauma, depression, addictions and anxiety, helping people move toward comfort and wholeness. Free. Call ChangeWorks Consulting and Therapy Center at 973-0684; layla@m-net.arbornet.org.

Nurturing the Self with Eileen Bond and Lucinda Orwoll • June 6-27, 8:00-9:30 p.m. • This four-class session will introduce techniques for deep care of the self, including the art of relaxation, self-hypnosis and guided imagery. $125. Call 930-6458.

Power Play with Michelle Iaquinta of Amaranth Seminars • June 11 and 18 or Aug. 6 and 13 • This class playfully explores ways to stay strong, safe and centered in a variety of human power dynamics. We will explore everything from trusting your intuition and creativity to physical self-defense and many points in between. $98. Call 484-6573; amaranth@provide.net.

The Isaiah Effect with Gregg Braden at Church of Today • June 16, 7:00-10:00 p.m. • A workshop led by Gregg Braden, author of *Awakening to Zero Point* and *Walking Between the Worlds*. $25. Contact Marianne Dubuque at www.churchoftoday.com.

The Recovery of Innocence with John Bradshaw at Church of Today • July 15 • A workshop led by John Bradshaw, best-selling author of *Healing the Shame That Binds You*. $30. Contact Marianne Dubuque at www.churchoftoday.com.

Depression-Free for Life Seminar with Gabriel Cousens • June 18, 7:00-10:00 p.m. • Re-awaken to the sacred zestful joy of living. Gabriel Cousens, holistic physician, psychiatrist and family therapist, shares his unique program. Unlike drug therapy, this 90% effective, drug-free, holistic program addresses the healing of depression at its biological, emotional and lifestyle roots and empowers the embodiment of our birthright - joy. Gabriel Cousens is the author of *Depression-Free for Life*, *Conscious Eating*, *Sevenfold Peace* and *Tachyon Energy*. $30. Call Ray O. Golden at 663-9724; intuitivehealth@aol.com.

Pregnancy & Childbearing

Pregnancy: Joy, Challenges and Transitions with Laurie Krauth • Thursdays, 3:30-5:00 • Explore with others the profound changes you are experiencing and that await you as a new mother. Discuss concerns about changes in your identity, work life and relationships. Also appropriate for women adopting babies. $35 per session. Call 996-9111, ext. 234; lauriekrauth@iname.com.

Childbirth Preparation Classes with Patty Brennan of The Holistic Midwifery Institute • Wednesdays, July 12-Aug. 16; 7:00-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies are included. $165 per couple. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

The Crazy Wisdom Calendar

Pregnancy and Childbearing
(continued)

Doula Skills Training and Certification with Patty Brennan of The Holistic Midwifery Institute • June 22-25; Thursday from 6:00-10:00 p.m. and Friday-Sunday from 9:00-5:00 • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include birth basics, labor support strategies, holistic therapies for doulas, essential communication and advocacy skills and professional and business skills necessary to establish your own successful service. $325 or $290 if paid by June 2. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Prenatal Meditation Class with Kristine Kurnit of Deep Spring Center • Six Tuesdays, 10:00-Noon or 7:00-9:00 p.m. • A six-week series of classes and practice for those seeking a more peaceful pregnancy for themselves and a more serene environment for their child(ren). This class will offer basic instruction for insight meditation and will address questions related to the moment to moment experience of pregnancy. No prior meditation experience is necessary. Insight meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. $100. Call 668-1385; kkurnit@aol.com.

Reiki

Drop-In Reiki Healing Sessions and Seated Massage with Robert Hughes • Fridays, 4:00-6:00 at the Crazy Wisdom Meeting Room • Experience the grace and healing presence of Reiki in a comfortable, convenient and private space. $1 per minute, $50 per hour. Call 827-1443; robertkhughes@hotmail.com.

First and Second Level Reiki Workshops with Robert Hughes • May 20-21, June 17-18, July 15-16 or Aug. 12-13; 9:00-5:00 • This workshop empowers the individual to channel Reiki - the universal life force - for the benefit of self and others. Certificate granted. $210 or $160 if paid a week in advance. Call 827-1443; robertkhughes@hotmail.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • May 13 or July 15, 9:00-6:00 • In this workshop, the student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self healing techniques. $125 includes manual and certificate; $95 if paid a week in advance. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Aug. 18, 6:00-10:00 p.m. and Aug. 19, 10:00-4:00 • Traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. $225 or $180 if paid one week in advance. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • May 4, June 1, July 6, Aug. 3; 7:00-9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

First Degree Reiki Class with Suzy Wienckowski • June 2-4 or Aug. 11-13; Friday, 7:00-9:30 p.m.; Saturday, 9:30-4:00; Sunday, 9:30-12:30 • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind and spirit. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others and 4 individual initiations. Certificate awarded. $150. Call 665-8665.

Healing Night through Lighthouse Center • Second Sunday of each month, 4:30-6:00 • Hands-on Reiki healing open to the public. Free. Call Brenda Hieber at 428-1151.

Shamanism

Experiential Intensive with Yachak Shaman Don Alberto Tatzo • May 19 at 3:00 p.m. through May 21 at 2:00 p.m. • Join master Yachak Birdperson shaman, Don Alberto Tatzo from the Cotopaxi Quechua tribe in the high mountains of Ecuador in this 3-day intensive training and experience of indigenous shamanism. Don Alberto is returning to Ann Arbor to be with us again as our dream of balance, love, healing and planetary sustainability continues to manifest with the partnership of the eagle of the north and the condor of the south. For this unique workshop, Don Alberto will bring with him 3 Andean musicians whose music has been kept hidden for hundreds of years. These ancestral Andean melodies - gifts from our grandfathers and grandmothers - harmonize body, mind and spirit, and will be played for your benefit incorporating the fundamental principles of Takisami (music spirits), empowering each sound emitted by each instrument. The workshop will be held lakeside and outdoors. Meals and accommodations included. Private healing ceremonies may be scheduled during the week following. $350. Call Laurie Lytle at 669-0336; lnlytle@aol.com.

Death and Rebirth in Shamanism with Myron Eshowsky • Aug. 24-27 • Death and rebirth are essential themes in a shaman's spiritual development. The workshop provides a vast exploration of the realms of death and rebirth. $475-$525 including shared or private room with all meals. Call Stephanie at 517-482-4699; stephaniet@prodigy.net.

Photo by Charles Boyer

Elizabeth and Maurice Alberda—Their workshops draw upon a rich tapestry of influences: Bioenergetics, Shamanism, Jean Houston, Robert Bly, Barbara Brennan...

Singing & Songwriting

Singing for the Earth with Jeanne Mackey through Whole Foods Market • May 10, 7:00-8:30 p.m. • All are invited to an evening of singing and chanting simple earth-friendly songs in a safe, nourishing environment. We will draw from Native American, Goddess and traditional folk repertoires (with a couple of Girl Scout songs for good measure). All voice welcome - no musical experience necessary. Outdoor setting if weather permits. Free. Registration required. Call 971-3366; ppostel@concentric.net.

Holistic Vocal Training: Group Singing Classes with Jesse Richards • 6 weeks starting May 3 and 4; Thursdays Noon-1:30 or Wednesdays 6:00-7:30 p.m. • This class enables you to sing your best while developing greater self-awareness, technical expertise, creativity and confidence. All vocal styles and levels welcome! Holistic Vocal Training is also beneficial for songwriters, public speakers and those engaged in personal healing process. $120. Call 995-2972; jessing@msen.com.

Spiritual Development

Welcoming the Spirit Home with Sobonfu Some • May 12, 7:00 p.m. • An evening talk open to the public that will focus on the simple yet extraordinary wisdom of Sobonfu's latest book *Welcoming the Spirit Home: Ancient African Teachings to Celebrate Children and Community*. Valuable to people from all walks of life that hold interest in the guiding presence of spirit and healing powers of ritual practices. $10-$20 sliding scale for adults, $5 teens, 12 and under free. Call ShuNahSii Rose at 761-9148.

Sacred Universe, Sacred People: The Intimate Connection with Pat Bergen and Kathy Sherman through Weber Center • June 1 at 7:30 p.m. through June 5 at 2:00 • We are beginning to understand that we have an intimate and sacred connection with all of creation. This new understanding sheds light on our images of God and on humanity's role and mission in the universe. This transformative experience will combine presentations, reflection and conversation woven with music and ritual. $200. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Rite of Passage: The Soul's Call at Mid-Life with Jill Blixt • 4 Monday evenings starting May 1 • Rather than a time of crisis, mid-life can be a powerful call from our Soul to be authentic, claim our gifts and honor our dreams. Through writing, image-making and ceremony, we will retreat to weave together the threads of our personal journey, harvest gifts from our past, create a sacred space to let go of the "if onlies..." and map our dreams for the future. Come initiate your rite of passage to this most powerful time of life. $120. Call 662-0282.

Tending the Garden of Your Soul with Jill Blixt • 8 Wednesday evenings starting May 3 • Our daily lives have the potential to nourish us rather than deplete us. We can create an environment that brings us joy and comfort. We can make the choices that nourish the deepest parts of ourselves. Come learn how to bring soul nurturing into your days. Through writing, collage and creative play, learn how you can inspire, nourish and replenish yourself on a daily basis. $30 per week includes suppers and art supplies. Call 665-4577.

Innocence and Self-Love: Guideposts for Spiritual Surrender with Brenda Morgan • June 2, 7:00-9:00 p.m. • Brenda's spiritual transformation will be the basis of this evening's spiritual seminar. Time is set aside for questions and answers as well as direct experience of the meditative state. $35. Call Susan at 665-0536.

A Gathering in Spirit with Brenda Morgan • June 3 and Aug. 11, 9:00-4:00 • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities are to help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the first priority in life: God. No experience necessary. $85. Call Susan at 665-0536.

Life's Most Important Gesture with Brenda Morgan • Aug. 11, 7:00-9:00 p.m. • Brenda's spiritual transformation will be the basis for this evening's spiritual seminar. Time will be set aside for questions and answers as well as direct experience of the meditative state. $35. Call Susan at 665-0536.

Lecture Discussion Evenings sponsored by Great Lakes Pathwork Inc. • Second Friday of each month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

Opening the Door to Spiritual Experience with Eckankar of Ann Arbor • May 6, 10:00-5:00 • Workshops, talks and music designed to aid one in moving from religion to direct spiritual experience, and to work with one's own inner guide to meet life's challenges. Free. Call 487-4045 or 662-1874.

Light Transmission with Sandra Shears • Third Sunday of most months • Geared towards lightworkers, pure light frequencies are transmitted which focuses on group energy with group intent, uplifting both self and humanity. For complete information, call 663-6440; http://sites.netscape.net/sandrashears/homepage.

On Forgiveness with Geri Larkin • June 3, 9:30-Noon at Crazy Wisdom Meeting Room • Spiritual growth, by its very nature, includes the practice of forgiveness. This seminar introduces techniques anyone can use to deepen our ability to forgive and move on with our lives. $30 includes a copy of *Tap Dancing in Zen*. Call 677-1521.

The Soul and the Process of Reincarnation with Kapila Castoldi of Sri Chinmoy Centre • June 12, 7:00-9:30 p.m. • According to Eastern thought, death is not the end, but just a phase of the soul's long journey towards perfection. Life and death are intertwined and keep alternating, just like day and night. An overall view of life as evolutionary process will be presented. Free. Call 994-7114.

Science and Spirituality with Kapila Castoldi of Sri Chinmoy Centre • June 5, 7:00-9:30 p.m. • Through many years of personal search, the speaker has discovered how these seemingly opposite worlds are actually deeply interconnected. The seminar will also introduce basic insights on the Vedanta philosophy. Free. Call 994-7114.

Your Spiritual Path: The Story of Your Life with Greenbridge • Beginning: May 13, Intermediate: June 17, Advanced: July 8; 1:00-3:00 p.m. at Crazy Wisdom Meeting Room • We will discuss discovering your spiritual path by learning to interpret the various signals which tell you about it, dealing with difficult times, and how to choose a more pleasant journey. Find out what will make you happiest. A 3-part series. $30 each. Call 517-536-8072 or 877-GRE-BRIG; ebergstrom@modempool.com.

Flower of Life Workshop with Maureen St. Germain • June 16-18 • Accelerate the ascension process through remembrance of the Merkaba. Achieve direct contact with your Higher Self, and assist with planetary transformation. $277. Call Ken Maklean at 668-0639; kmaclean@ic.net.

Lecture by Jain Master Gurudev Shri Chitrabhanuji through Lighthouse Center • May 13, 10:00-Noon • This Jain Master brings to the West 5,000 year old teachings of Ahimsa (non-violence) and reverence for all life. Through these teachings, he gives practical guidance for everyday living. $20. Call Prachi at 449-4381.

Gurdjieff/Ouspensky, A Fourth Way School with Jeanie Wayker • Sundays, 10:00-Noon and Tuesdays, 7:00-9:00 p.m. • This teaching is based on the idea that a change in the level of one's knowledge must be accompanied by a change in the level of one's being. The school provides the necessary conditions for actualizing this aim, without retreating from life. Man in the ordinary conditions of life uses only the lower, more mechanical parts of his functional abilities. With the help of this school, which is derived from higher mind, we acquire the possibility of coming in contact with our higher functions and fulfill our potential as human beings. No cost for introductory meeting. Call 697-2477; search@highercosmos.com.

Spirituality & Health

Lecture by Dr. Larry Dossey: The Importance of the Spirit in Healing and Health • May 3, 7:00-8:30 p.m. • The noted physician and author will speak on complementary and alternative therapies, mind-body holistic medicine and how physical health and spiritual awareness are synergistic. Appropriate for nurses, physicians, clergy and religious leaders, social workers, mental health workers, addiction counselors and all who are interested. $10. Call 763-TKTS or 248-645-6666.

Larry and Barbara Dossey Workshop: Reclaiming the Forgotten Spirit - The Role of Spirituality in Healing and Healthcare • May 4, 8:00-4:00 • An all-day workshop to explore the impact of spirituality on health, to identify interventions and behaviors which can be used to promote spiritual well-being and to advance the practice and philosophies of holistic care both in health professions and the lives of lay people. Learn strategies for achieving maximal well-being through self-care and increase your awareness regarding the connections of mind, body and soul. Appropriate for nurses, physicians, clergy and religious leaders, social workers, mental health workers, addiction counselors and all who are interested. $75 includes refreshments and workshop materials. Bring your own lunch. Limited space. Early registration suggested. Call 763-5283.

Harvesting Mystical Magical Molecules with Barbara J. Billey and Patricia St. Louis through Weber Center • June 9 at 7:30 p.m. through June 11 at 1:00 p.m. • Discover new possibilities for inner freedom, personal growth and well-being through a unique blend of holistic experiences. Some of these approaches include breathing techniques, meditation, Qigong (an ancient Chinese method that builds calm energy), ritual and creative expression through art, movement and journal writing. A time to rechannel vital energy, the Sacred Source of Life. $125. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Sports & Spirit

The Spiritual Athlete with Tom Egan • May 25, 7:30-9:00 p.m. • Healing summer time mind body sport programs to get into the Zone. Most athletes are interested in enhancing performance. So why not come from where the True power lies? Explore all sorts of techniques and ideas for making athletics magical, mystical and profoundly enjoyable. $25. Call 975-4431.

Neptune's Cradle: Healing Waters Introduction with Tom Egan • Aug. 17, 7:00-8:00 p.m. • Would you enjoy surrendering to guided, intuitive, free flowing movements and healing energy work to help you soar into consciousness? The benefits of healing warm water movement/energy sessions are explored, experienced and demonstrated in local area pool. $10. Call 975-4431.

Storytelling

Intuitive Storytelling Workshop: Time with Antoinette Thoin • May 4, 7:00-8:30 p.m. • Antoinette Thoin guides your exploration of time and personal time issues. Experience StoryArt, a way to work with story images and your imagination to enhance your relationship to time. In a lighthearted, interactive atmosphere, you may mine the stories "The Universe's Tail" and "Past, Present and Future Cosmic, Down-to-Earth Tales" for rich, intuitive insights. $15. Call 327-2800.

Intuitive Storytelling Workshop: Movement with Antoinette Thoin • June 1, 7:00-8:30 p.m. • Antoinette Thoin creates a space for studying physical, spiritual and emotional movement. Using story images "Liquid Lightning" and "Tales of Movement and Light", explore your relationship to movement. Antoinette may share individual intuitive motions/postures which may support a feeling of relationship to others, body/mind/spirit and your life. $15. Call 327-2800.

Intuitive Storytelling Workshop: The Art of Wonder with Antoinette Thoin • July 6, 7:00-8:30 p.m. • Antoinette Thoin shares the art of feeling wide-eyed wonder. Using story images from spontaneous stories, "Pet Rocks" and "Rocket Blasts and Other Child-Eyed Wonders", intuit how to be awe-centered in the midst of a busy day. $15. Call 327-2800.

Intuitive Storytelling Workshop: What is Imagination? with Antoinette Thoin • Aug. 3, 7:00-8:30 p.m. • Antoinette Thoin guides the exploration of imagination as a tool for enriching your life. Using your imagination and the feeling-sense images in the stories, "The Prince with the Magic Fingers" and "Wonder Stories", imagine creative life options. $15. Call 327-2800.

> What you are accomplishing may seem like a drop
> in the ocean. But if this drop were not in the ocean,
> it would be missed.
>
> -Mother Teresa

A Spa for the Spirit: A Storytelling Retreat for Women with Marlene Blum and Terri White Belanger • May 5, 7:00-9:30 p.m. and May 6, 9:00-5:00 or Aug. 18, 7:00-9:30 p.m. and Aug. 19, 9:00-5:00 • Give yourself the gift of time to tap the healing power of personal stories; open to your inner source of guidance through art, creativity and play; nurture and renew yourself and connect to other women in telling stories from the heart. $135 includes materials and food. Call 662-3766; mblum5305@aol.com.

Tai Chi & Martial Arts

Choi Kwang-do Martial Art International Health, Fitness and Self Defense Fair with Grand Master Kwang Choi sponsored by Choi Kwang-do Martial Art International • May 20, 9:00-5:00 • Many displays, demonstrations and participations. Come and train all day with Kwang Choi. Beginners through advanced black belts welcome. Everyone will be assisted by our highly competent instructors. $3 general admission or $45 for the day-long training with the Grand Master. Call Jim Pierson at 995-9092; piersona2@aol.com.

Tai Chi at Jewel Heart • Sundays, 4:00-5:30 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 suggested donation. Call 994-3387; office@jewelheart.org.

Chen Style Tai Chi Chuan with Great Lakes Wushu • New beginners class starts May 1, meets Monday and Thursday evenings and Saturday mornings • Students will learn a 36-movement form, stance training, silk reeling exercises and standing meditation. Fundamentals are stressed. $60 per month. Contact Richard Miller at ribrumi@earthlink.net.

Tai Chi Chuan for Kids with Lori Mikol at Peaceful Dragon School of Tai Chi Chuan and Chi Kung • May 6, 13, 20, 27; 2:00-3:00 • For complete description, see listing under Kids & Young Adults.

The Crazy Wisdom Calendar

Tai Chi & Martial Arts (continued)

Tai Chi Chuan with Sifu Linda Wolslau of Gentle Tiger Academy • Mondays, 5:30-6:30 and 6:30-7:30 p.m. • Known as an ancient Chinese exercise and martial art, Tai Chi is a series of slow, graceful movements that help improve muscle tone, balance and body strength and, at the same time, give one better mental focus, clarity and peace of mind. $68 for 8 weeks. Call 810-227-4058; tigercall@netscape.net.

Tai Chi Chuan with Sifu Linda Wolslau of Gentle Tiger Academy • Ongoing Mondays, 12:30-1:30 • See above description. $10 for walk-ins or $8 if pre-enrolled. Call 810-227-4058; tigercall@netscape.net.

Qi Gung Exercises for Health and Vitality with Robert Hughes • 8 Fridays starting May 19, 2:45-3:45 at Crazy Wisdom Meeting Room • Qi Gung exercises are easy to learn and promote optimal health, vitality, balance and awareness. Students will learn two 15 minute exercise sets and several short exercises. Wear loose fitting, comfortable clothing. $55. Call 827-1443; robertkhughes@hotmail.com.

Cardio-Karate with Edward Jackson • Mondays and Tuesdays, 5:30-6:30 • Cardio-Karate is aerobic training that uses traditional karate technique, low impact, self-defence, qi-gong centering and stretching. $35 for 2 months. Call Ann Arbor YMCA at 572-7672.

Shotokan Karate-do with Morris Lawrence III • Mondays, Wednesdays, Fridays at 7:30-9:00 p.m. • Traditional Japanese Karate-do with training in basic Waza technique, sparring, self-defense. $89 for 2 months. Call Ann Arbor YMCA at 663-0536.

Tai Chi with Aiji Pipho • Mondays at 8:00 p.m. at One on One Athletic Club, Tuesdays at 4:30 and 5:45 p.m. at Chelsea Community Hospital, Thursdays at 6:15 p.m. at Pierpont Commons on North Campus • For One on One Athletic Club classes, call Susan Strickland at 761-4440. For Chelsea Community Hospital classes, call Sheila Barker at 475-4103. For Pierpont Commons classes, call Aiji Pipho at 971-9033.

Tai Chi Chuan Beginner Class with Jim Carey and Beth Wiggert through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 5-June 10; Wednesdays, 6:00-7:15 p.m.; Saturdays, 9:30-10:45 a.m. • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques as well as Tai Chi Chuan's unique, slow and graceful movements and breathing coordination. Often characterized as meditation in motion because of the stillness it exemplifies. $175. Call 741-0695; www.peacefuldragonschool.com.

Form Progression with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 4-June 6, Tuesdays at 6:00-7:00 p.m. • After completing the Tai Chi Chuan solo form, students who would like to continue their study can join this class. The form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen the student's insight of their body/mind connection, locating and dissolving tensions and understanding the dialogue between the body, mind and spirit. $125. Call 741-0695; www.peacefuldragonschool.com.

Push Hands with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 4-June 6, Tuesday at 7:00-8:00 p.m. • Push Hands is a two-person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to listen, adhere, yield and neutralize force. These principles expand beyond the interaction class and hold the understanding of potential relationships in conflict resolution, and corporate, political and basic dynamics between groups and individuals. As a student develops, they move out of the choreographed movements into free-style Push Hands. Students must have completed the TCC form before enrolling in this class. $125. Call 741-0695; www.peacefuldragonschool.com.

> What lies behind us and what lies before us are tiny matters compared to what lies within us.
>
> - Ralph Waldo Emerson

Tai Chi Sword and Staff with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 4-June 6, Tuesdays at 8:00-9:00 p.m. • The TCC Sword Form (double edged) is the most fluid of all the forms in TCC. It represents the element water, and is considered the highest of all the weapons forms following the Taoist philosophy that "softness prevails over hardness as water prevails over all obstructions to its flow." The Staff Form is a 20-movement form which represents the element wood, and its season is spring. Its movements are quick and direct in comparison to the sword. $125. Call 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung and Wild Goose Form with Wasentha Young through Peacefu Dragon School of Tai Chi Chuan and Chi Kung • April 5-June 10, Wednesdays at 8:30-9:45 a.m. and/or Saturdays at 8:15-9:30 a.m. • Chi Kung is a type of Chinese Yoga. This class focuses on Chi Kung's soft and hard fundamental techniques; Chi Kung Buddhist, Taoist, Medical and Martial styles; mind/body coordinated movement; breathing techniques; stretching and an introduction to the energy pathways of the body. Students will also begin to learn the Wild Goose Chi Kung form, which combines the fundamental techniques of Chi Kung, as it playfully and gently stretches the muscles, opens the joints and simultaneously stimulates the body's principal energy pathways. It is a continuous form of 64 movements and takes approximately 15 to 20 minutes to perform, offering the body a complete exercise routine. $175. Call 741-0695; www.peacefuldragonschool.com.

Tarot & Divination

Psychic Tarot #1: A Transformative Weekend Workshop with Mateyo Empie • May 12-14, Friday evening, Saturday all day and Sunday until 4:00 p.m. • Explore your psychic gifts with the Tarot and other oracles. Covers grounding and centering; choice, care and feeding of your deck; entering a card; setting psychic boundaries; enhancing your ability to find a personal set of meanings for the cards; and more. Each student will receive a short reading by the instructor. A fun class with concrete results, it is the first in a series leading to professional level expertise. $225. Call 663-5505; snakewillo@aol.com.

Tarot Readings in the Tea Room: What Is Your Story? with Jeanne Adwani at Crazy Wisdom Tea Room • May 10 and 24, June 7, 14 and 28, July 12 and 26, Aug. 2, 16 and 30 • $20 for 30 minutes. $40 for one hour. Call 662-8909; jadwani@yahoo.com.

Demystification and Empowerment with Jeanne Adwani • July 28 at Crazy Wisdom Meeting Room • My observations and overview of the tarot. Open discussion. Bring your cards. Let's begin the story. $5. Call 662-8909; jadwani@yahoo.com.

How to Read Tarot Cards with Richard Maurer • Thursdays, June 1-July 27; 7:00-8:00 p.m. at Crazy Wisdom Meeting Room • Learn the philosophy and meanings of the 78 cards of the Waite-Rider Tarot deck, and learn to give readings. You will learn a variety of spreads to use in different situations and also how to tap your intuitive and psychic abilities. $35. Call 484-5123; esoterica123@aol.com.

Therapy & Support Groups

Women: Taking Control of Your Life Group Therapy with Laurie Krauth • Tuesdays, 6:30-8:00 p.m. • Whether you are doubting your self-worth, stuck or unhappy at work or with your partner or child, explore and defeat unhealthy patterns and self-sabotaging behaviors. $35 per session. Call 996-9111 ext. 234; lauriekrauth@iname.com.

Women's Group with Suzanne Eastman • Wednesdays, 7:30-9:30 • Psychotherapy for women committed to authenticity and personal and spiritual growth. Use dreamwork and shamanic, Buddhist, Jungian, Gestalt, psychodrama and bioenergetic techniques to heighten your awareness and raise your life force within a nourishing and honest environment. $25. Call 973-0299; suzanne@home.msen.com.

Women Survivors of Sexual Abuse Psychotherapy Group with Lisa Wolf • Wednesdays, 6:00-8:00 p.m. • This treatment group explores the trauma and impact of sexual abuse with the intention to help group members reclaim their lives, experience life beyond abuse and to move beyond identification with abuse. Discussion, disclosure and processing of memories and/or sensations related to abuse, emotional release work and experiential exercises are some of the treatment interventions used to guide client's on their healing journey. $35 per session. Call 930-0864.

Ongoing Group Psychotherapy with Mark Blough • Saturdays, 9:30-12:30 or Mondays, 7:00-9:30 p.m. • This group is designed to assist members in making lifelong changes to increase joy and happiness in their lives. Any and all issues are addressed in a safe and nurturing environment. $40 per session. Call 327-2040 or 930-0864.

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • Tuesdays or Wednesdays, 6:00-8:00 p.m. • This process-oriented therapy.group is designed for women who are seeking to reclaim their lives, experience more pleasure and do more than "survive". Discussion, emotional release work and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. $35 per session. Call 930-0864.

Wicca

Hearth Witchery with John Morris • Second and fourth Sundays of each month, 1:00 p.m. • Presentations, discussions and rituals from a variety of Wiccan traditions. Free. Call 665-3522; jmm@cyberspace.org.

Wyrd Roots of the Sacred Forest: Monthly Open Meeting with Kalathena and Gypsy • May 3, 8:00 p.m. • In keeping with the Beltaine season, this workshop and discussion will focus on Pagan sexuality and gender issues. Some material may not be appropriate for younger witches. Free. Contact wyrdroots@icqmail.com.

Wyrd Roots of the Sacred Forest: Monthly Open Meeting with Kalathena and Gypsy • June 7, 8:00 p.m. • Come join us for our music and chant night! Bring your drums, rattles and songs to share with everyone. Tape recorders welcome, but be sure to bring batteries, as we may move the meeting outdoors, weather permitting. Free. Contact wyrdroots@icqmail.com.

Wyrd Roots of the Sacred Forest: Monthly Open Meeting with Kalathena and Gypsy • July 5, 8:00 p.m. • Join us tonight for a celebration of our land and country as we honor the Goddess as Lady Liberty. This ritual was originally written by Selena Fox of Circle Sanctuary in Wisconsin. Come share the joys of religious and other freedoms that Lady Liberty represents. Free. Contact wyrdroots@icqmail.com.

Women & Body Image

Women and Body Image with Michelle Rivette • June 14, 6:30-8:00 p.m. • When you look in the mirror, what do you say to yourself? Do you feel you should somehow look different? Has your body been something you seek to control? This workshop explores how body images develop, the symbolic meaning of food and women's relationship to consumer culture. Michelle Rivette will discuss how to achieve the harmony between eating and body image. Free. Call Sandie Schulze at 712-5400 or 800-231-2211.

Womenspirit

Women Sharing Power: An Intensive Workshop with Vicki Noble • July 15 starting at 10:00 a.m. • In this workshop, we will explore the inherent power of the Double Goddess nature within each womon as a means of restoring our healing power. Earth and moon, day and night, ovulation and menstruation, every womon has a twin nature. Through visualization, meditation and identification with the images, we will restore some of the intactness that once belonged to us as a council of women who governed our societies. $135-$190 sliding scale. Call ShuNahSii Rose at 761-9148.

The Double Goddess with Vicki Noble • July 14, 7:00 p.m. • A slide show and discussion open to the public on some material from Vicki's latest book of the same title. This show is a compilation of the incredible diversity of powerful twin images of women from ancient civilizations that honor female sovereignty. $10-$20 per adult, $5 for teens. Call ShuNahSii Rose at 761-9148.

Essence Point Women's Circle • Newly formed discussion and sharing group focusing on topics of interest to women, such as spirituality, relationships, empowerment, metaphysics and healing. Free with donations appreciated to cover any room costs. For dates and times, call Anita McKay at 913-9830; mckays@concentric.net.

Sacred Feminine Mysteries: A Journey of Self Discovery with Jill Blixt and Susan Steiner • May 17 and June 11, 9:00-5:00 • May 17: The Lover - She Who Listens. June 11: The Mother - She Who Is Storyteller. Common to all women is the quest for identity, for connection and for wholeness. We long to understand and own our sacredness as women. These workshops weave together the archetypal feminine mysteries to create monthly rites of passage for women. Through writing, collage, mask making and creative play, we will discover parts of our feminine heritage and have a clearer picture of our personal path. These workshops can be taken as a series or individually. Give yourself the gift of a monthly retreat day and honor the sacred feminine within. $85 per session includes lunch and art supplies. Call Jill at 662-0282 or Susan at 677-3255.

Women's Self-Defense

No Nonsense Self-Defense: Women's Self-Protection with David C. Sink • May 13, 2:00-4:00 • This experiential and interactive seminar for women ages 12 and up will focus on women's issues in self-protection. We will explore common situations and how to turn the tide against a larger, stronger attacker. Free in honor of Mother's Day. Call 332-1800; questannarbor@aol.com.

Work & Right Livelihood

Making Peace with Money with Colleen Gonyea • May 18 and 25, 7:00-9:00 p.m. at Crazy Wisdom Meeting Room • Use visualization to change your limiting beliefs about money. Create an abundance plan to attract more money into your life. Learn how to honor the energy of money. $45. Call 459-0247; cgonyea@provide.net.

Ann Arbor Institute of Massage Therapy Career Night with Jocelyn Granger, Jane Anderson and Other Students and Staff • June 27, 6:00-8:00 p.m. or Aug. 5, 10:00-Noon • Find out what it takes to become a massage therapist. Refreshments, door prizes and free seated massage. We'll begin an informational presentation promptly at the beginning of the session, followed by a question and answer period. Free. Call 677-4430 or fax 677-4520.

Writing & Poetry

Lost Art: Creating Intimacy Through Letter Writing with Kim Sanwald-Reimanis through Weber Center • July 7 at 7:30 p.m. through July 9 at 1:00 p.m. • Explore the deeper realm of communication and sensitivity through the art of letter writing. Letter writing can bring us closer to ourselves and each other. It is a journey of persistence, patience and forgiveness where we forge new meanings by slowing down and savoring each of our relationships as it unfolds. $125. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Intensive Journal Retreat: Life Experience with Therese Craig through Weber Center • Aug. 18 at 7:00 p.m. through Aug. 20 at 4:00 p.m. • This retreat is a dynamic process that deepens your awareness about the many facets of your life. You will gain a perspective on your life and come to understand symbolic images and meaning in life. $235. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Giving Voice to Your Soul: Writing as Spiritual Practice with Jill Blixt • 8 Tuesday evenings starting May 2 • We thirst for the deepest part of ourselves. That still, small voice that holds our truth, our dreams and our gifts. Writing practice can quench that thirst. Learn the tools to help you consistently tap the pool of your inner wisdom and creativity. This workshop is for anyone who yearns to write. All that's required is willingness. $30 per week includes dinner and books. Call 665-4577.

Journal Writing as a Tool for Change with Phyllis Perry • Thursdays, May 11-June 15; 7:00-8:00 p.m. • Learn an easy journal writing method for gaining clarity, setting goals and learning patterns of feelings and behavior. $120 for 6 weeks. Call 973-0003; pperry28@hotmail.com.

Zen and the Art of Writing with Geri Larkin • May 6, 9:30-Noon at Crazy Wisdom Meeting Room • Writing can be a deeply spiritual practice. This seminar will cover ground rules for writing, whether you write for yourselves or others. Exercises are geared to strengthening our mindfulness muscles. Journals are provided. $30. Call 677-1521.

Journaling Workshop: Writing a Rainbow with Antoinette Thoin • May 6, 10:00-Noon • Journaling may be a feeling pot of gold on the end of your rainbow! Antoinette Thoin creates a colorful journaling experience. You may discover hints for deepening your journaling experience, creating images, exploring feelings, using your journal for self-study, self-healing and skill development. $25. Call 327-2800.

Yoga

First Annual Midwest Yoga Conference: Yoga as Self-Transformation with over 30 Presenters • Continuing Education for Yoga Teachers: May 31-June 1; Main Conference: June 2-4 • Yoga Teacher Training includes in-depth training seminars for new and established teachers, each presenting one of eight distinct methodologies. This features healthy backs in yoga, Ashtanga yoga, Iyengar yoga, yoga for wellness, breathing and movement-based yoga, pregnancy yoga, yoga for kids and Anusara yoga. During the main conference, explore your practice with some of the most respected yoga teachers in the world. Choose from more than 100 classes and workshops covering all eight limbs of yoga. Teachers include Jamie Turner Allison, Baron Baptiste, Jimmy Barkan, Beryl Bender, Thom Birch, Janice Clarfield, Stephen Cope, Krishna Das, Donna Farhi, Ana Forrest, Connie Grossman, Vyaas Houston, Jonny Kest, Linda Klingbiel, Gary Kraftsow, Michael Lee, Barbara Linderman, David Life, Ian Lopatin, Lisa and Charles Matkin, Tim Miller, Manouso Manos, Zenith Manwell, Sarah Powers, Larry Schultz, David Stringer, Rod Stryker, Chris Turkaly, Marsha Wenig and Copeland Woodruff. An exciting opportunity to experience a variety of outstanding yoga instructors. During the three-day workshop, there will be three two-hour yoga sessions offered each day with as many as 18 choices for each session. There will also be an exhibitors hall with products and services beneficial to yoga practice. There will be keynote speakers on Friday evening and Saturday and Sunday afternoons, as well as entertainment on Saturday evening. $175 for one day, $295 for two days, $345 for three days, $595 for five days. Call the Center for Yoga, Relaxation and Health at 800-599-9642; www.midwestyoga.com.

Beginning Level Iyengar Yoga (Level 1) with David Rosenberg • 7 Thursdays, April 27-June 8; 4:00-5:30 p.m. at Ann Arbor YMCA • Using beginning yoga techniques, we develop strength, flexibility and balance. Precise alignment, the use of props and personal attention are some of the hallmarks of Iyengar yoga, the style that will be taught. Be prepared for some rigorous postures as well as some very relaxing ones. $61. Call 662-6282; massage4@aol.com.

Beginning Level Iyengar Yoga (Level 1) with David Rosenberg • 8 Thursdays, June 29-Aug. 17; 4:00-5:30 p.m. at Ann Arbor YMCA • Using beginning yoga techniques, we develop strength, flexibility and balance. Precise alignment, the use of props and personal attention are some of the hallmarks of Iyengar yoga, the style that will be taught. Be prepared for some rigorous postures as well as some very relaxing ones. $70. Call 662-6282; massage4@aol.com.

Beginning Level Iyengar Yoga (Level 1) with David Rosenberg • 7 Sundays, April 30-June 11; 2:15-3:45 p.m. at Ann Arbor YMCA • Using beginning yoga techniques, we develop strength, flexibility and balance. Precise alignment, the use of props and personal attention are some of the hallmarks of Iyengar yoga, the style that will be taught. Be prepared for some rigorous postures as well as some very relaxing ones. $61. Call 662-6282; massage4@aol.com.

Beginning Level Iyengar Yoga (Level 1) with David Rosenberg • 8 Sundays, July 2-Aug. 20; 2:15-3:45 p.m. at Ann Arbor YMCA • Using beginning yoga techniques, we develop strength, flexibility and balance. Precise alignment, the use of props and personal attention are some of the hallmarks of Iyengar yoga, the style that will be taught. Be prepared for some rigorous postures as well as some very relaxing ones. $70. Call 662-6282; massage4@aol.com.

Teachers, Lecturers,

Aaron "was a Buddhism monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition. His teaching draws from this background, but he also reminds us that, like all of us, he has lived in many bodies, had many shades of skin, and followed many spiritual paths." Five books of Aaron's teachings have been published.

Lisa Abrams has studied yoga since 1992, and incorporates various movement therapies in each class.

Betsy Adams has had 25 years experience working with wildlife and companion animals, in the home, kennel, veterinarian's office, and in wildlife rehabilitation. She has thirty years of background in the biological sciences, and she's an energy worker and homeopath.

Jeanne Adwani has been involved with the Tarot since 1971. She began professional readings in England in 1982. She's explored many traditions since that time, and she's interested in elemental relationships and mythological archetypes. Jeanne is also a very talented artist and craftswoman, and her work has been on display through the years at Crazy Wisdom Bookstore. She writes: "Tarot cards are a wonderful and insightful tool to personal empowerment".

Elizabeth Alberda brings the spiritual realm into focus through 23 years of experience in bioenergetics, training in shamanism, mystery school with Jean Houston and participation in Barbara Brennan's Healing School of Science.

Maurice Alberda, MA draws on his study and teaching of literature, Bioenergetic Analysis, and shamanic studies in his Creative Integration work with individuals and groups. The works of Carl Jung, Joseph Campbell, Jean Houston and Robert Bly have significantly influenced him. He has been active as both participant and leader in men's work for many years.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. Since I984, she has had training and private practice experience in massage therapy, lymphatic drainage and craniosacral therapy. She has taught beginning anatomy and physiology workshops, as well as Sports Massage and Shiatsu workshops.

Michael Andes, MSW has led numerous groups, workshops and retreats for self-awareness and self-development. He has been a frequent presenter at the Oasis Center for Human Potential in Chicago, and The Association for Humanistic Psychology Conference in Indianapolis. He has had years of experience leading men's workshops.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 18 years. The AAIMT facility includes classrooms, a student clinic and a retail area.

Ann Arbor Quest Center is a school devoted to teaching self-protection and life-skills development using the Martial Arts as a physical model for dealing with all types of conflict.

Jorge Arenivar travels throughout the world leading workshops on Core Energetics, and ceremony. He is a Native American spiritual teacher who has walked the Red Road of the Spirit for over 20 years.

Khita Austin, CMT is a Certified Rolfer. She has been in private practice as a Rolfer for eleven years and a bodyworker for 13 years. She is a senior practitioner and trainer of the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her training with an elder in the Hodenosaunee medicine tradition.

Leland Austin, MA is a Certified Advanced Rolfer, and has practiced for 15 years. He has also studied craniosacral therapy. For the last 10 years his work has been informed and influenced by 5 years of training in Bodynamics, a body-oriented psychotherapy.

Eve Avrin, PhD, LLP is a Limited License Clinical Psychologist who has been in practice since 1996. She practices in Ann Arbor and Livonia, and specializes in the treatment of children and adults with Neurofeedback. She also works with depression, anxiety and sleep problems.

Peter Baker is a member of the American Massage Therapy Association and is Nationally Certified by the National Certification Board for Therapeutic Massage and Bodywork. He has been a massage practitioner for 25 years.

Arthur Banks III has studied, practiced and facilitated yoga classes for more than 35 years. His sessions have included teachers' groups, businesses, the YMCA, primary and secondary schools and universities, and meditation centers. His formal Hatha Yoga studies began with Swami Vishnu-Devananda and Swami Kriyananda.

Yoga (continued)

Beginning Level Iyengar Yoga (Level 1) with David Rosenberg • 7 Saturdays, June 17-Aug. 5; 9:30-11:00 a.m. at Ann Arbor Public Schools Community Education and Recreation • Using beginning yoga techniques, we develop strength, flexibility and balance. Precise alignment, the use of props and personal attention are some of the hallmarks of Iyengar yoga, the style that will be taught. Be prepared for some rigorous postures as well as some very relaxing ones. $42 resident or $51 non-resident. Call 662-6282; massage4@aol.com.

Intermediate Level Iyengar Yoga (Level 2) with David Rosenberg • 7 Sundays, April 30-June 11; 12:30-2:00 p.m. at Ann Arbor YMCA • Longer standing poses, seated postures, inversion like headstand and shoulderstand and some back bends will be taught. These classes are meant to be fun and help further your understanding of yoga under the Iyengar method. Wear shorts and t-shirt. $61. Call 662-6282; massage4@aol.com.

Intermediate Level Iyengar Yoga (Level 2) with David Rosenberg • 8 Sundays, July 2-Aug. 20; 12:30-2:00 p.m. at Ann Arbor YMCA • Longer standing poses, seated postures, inversion like headstand and shoulderstand and some back bends will be taught. These classes are meant to be fun and help further your understanding of yoga under the Iyengar method. Wear shorts and t-shirt. $70. Call 662-6282; massage4@aol.com.

Ma Om Yoga and Meditation with Hanuman (Ben Aronson) at the Crazy Wisdom Meeting Room • May 11 and/or June 12; 7:00-9:00 p.m. • ("Ma" means love; "Om" means light.) An approach to spiritual life. Discussion, yoga, and meditation. A relaxed but energetic physical and mental yoga that relieves you of your tensions. (Please do not eat before class. Bring water, blanket and modest, loose fitting clothes.) Donations accepted. Call 332-5983. clearvisionwindows@juno.com.

Relaxation, Breathing and Simple Yoga Workshop at Zen Buddhist Temple • June 3, 9:00-Noon • $60. Call 761-6520.

Hatha Yoga: Practical and Scientific Personal Development with Arthur Banks III • May 1-Aug. 15 • Hatha yoga is a scientific approach to the physical, mental, emotional and spiritual aspects of Self. This series of instruction and exploration is built around classical yoga postures and philosophy as well as breath technique and methods of concentration. $30. Call 332-1800; questannarbor@aol.com.

Partner Yoga with Suzanne Willets Brooks • 8 Saturdays starting May 20, 10:00-11:30 a.m. • Come explore a variety of yoga poses using contact and touch. Being supported allows us to open and relax and explore safely. Allow yourself to be receptive. For beginners and advanced students. $60-$80 sliding scale. Call 482-2607; brooksjer@provide.net.

Drop-In Yoga with Suzanne Willets Brooks • Tuesdays and Thursdays, 10:30-Noon • Each class will focus on a topic for asana exploration. My style is untraditional and allows for a more personal relaxed atmosphere to unwind. We explore emotional, physical and spiritual aspects of our daily selves. Come as you are. $7-$10 per class. Call 482-2607; brooksjer@provide.net.

Yoga Classes through Inward Bound Yoga Program with Cathy King, Martha Laatsch, Barb Linderman, Lynette Smith and Jonathan Tyman • Four levels of hatha yoga classes, Astanga yoga, postures to sacred music, yoga dance and workshops. For brochure, call Barb Linderman at 971-8562.

Astanga Yoga through Inward Bound Yoga Program with Jonathan Tyman • Saturdays, 8:15-10:00 a.m. • Ongoing drop-in class. For more information, call 996-4549.

Yoga for Software Engineers and Other Computer Users with Ema Stefanova • May 7, 2:30-5:00 • Yoga postures, breathing, relaxation and relaxed concentration practices will be taught. Most of these practices can be done in the workplace and while traveling (on the plane). Help carpal tunnel syndrome, eye strain, fatigue and other computer-related conditions. For cost, call 665-7801; emastefanova@compuserve.com or www.yogaandmeditation.com.

Mixed Level Yoga for Adults with Ema Stefanova • Sundays at 5:00 p.m., Mondays at 6:30 p.m., Wednesdays at 7:00 a.m., 9:00 a.m. and 7:00 p.m. • You will learn dynamic and static yoga postures with breath awareness and deep relaxation (yoga nidra), as well as elements of meditation. Individual programs for special needs available. For cost, call 665-7801; emastefanova@compuserve.com or www.yogaandmeditation.com.

Yoga in the Workplace with Ema Stefanova • May 27, 3:00-6:00 and May 28, 10:00-1:00 • Easy to do yoga movements and breathing that would enhance the quality of your work and relax you at the same time. Variety of workplaces covered. For cost, call 665-7801; emastefanova@compuserve.com or www.yogaandmeditation.com.

Yoga for Kids and Parents with Ema Stefanova • June 4, 10:00-Noon • For complete description, see listing under Kids & Young Adults.

Drop-In Yoga Class with Lisa Abrams of Lighthouse Center • Most Fridays, 6:00-7:15 p.m. • Designed for beginners and includes a warm up with gentle stretches, yoga postures emphasizing slowing movement and fun, and concludes with breathwork. Loose fitting clothing suggested. $6 or $5 for members. For special needs or more information, call 665-6219.

Workshop Leaders, and the Centers

erri White Belanger, RN, MS has a background in psychiatric nursing, and 25 years xperience as a counselor and hypnotherapist. During her recovery from near fatal oral ancer, she found that writing and telling the stories of her journey through and beyond ness to be a key factor in her healing.

arbara J. Billey and ***Patricia St. Louis*** are experienced in blending creativity, movement, irituality and holistic health and healing. They are trained Qigong Practitioners, founders the Wellness Coalition of Windsor & Essex County, and authors of the journal, *Discover- g New Ways to Wellness.*

ll Blixt is a creativity and life transition coach, motivational speaker and working writer/ tist. In addition to individual coaching and personal development workshops, she regu- rly presents creativity training sessions to the business, non-profit and educational com- unities. Blixt has studied with leaders in the creative and metaphysical fields including lia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

athy Blough, MA, LLP is a therapist who has been in private practice for 11 years. She orks with couples, groups and individuals who are interested in personal growth by orking through the problems in their lives and making the changes necessary to become e persons they want to be. She has received training in Gestalt, Transactional Analysis nd Redecision Therapy.

ark Blough, MA, LLP is a therapist in private practice. He has had extensive training estalt, Family Systems, Group and Redecision Therapy. He works with groups, ouples and individuals who suffer from depression, anxiety, panic, trauma and other sues effecting personal growth.

arlene Blum, MA has a rich background in Human Resources, and is an artist. She ses creativity and art as a means of self growth and deeper awareness. She has elped individuals in group settings to tap into, re-write and transform their life stories.

ileen Bond, ACSW has 25 years experience as a psychotherapist. She uses a spiritual amework in helping people grow.

regg Braden is the author of *Awakening to Zero Point*, and *Walking Between the Worlds.*

ohn Bradshaw is the best-selling author of *Healing the Shame that Binds You.*

ichael Bratcher has been a massage therapist for five years. He is a graduate of the Ann rbor School of Therapeutic Massage and Bodywork, and he's nationally certified.

atty Brennan is a midwife and health educator with over 17 years of experience working th pregnant women and their families. She is the Executive Director of The Holistic idwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag* and *accinations: Concerns & Alternatives Sourcepack.*

arbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denomi- ational spiritual teachings and practice. She is an ordained Interfaith Minister. She has een practicing meditation since 1960 & teaching since 1989. Her teaching draws from ual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin nd Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly fluenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is arried and the mother of three children. She was the subject of *The Crazy Wisdom terview* in the May-August 1999 issue.

uzanne Willets Brooks is an independent choreographer, artist, artistic director of *Mean- g In Motion*, and the creator of the Riverside Drum & Dance Studio. Her background cludes a degree in dance and education from EMU, certification in many modalities of odywork, and 15 years of dance and yoga training.

orna Brown has been presenting seminars and workshops in relaxation, meditation, orking with altered states, metaphysics and the spiritual journey since I972.
he is a Melchizedek priest, teaches workshops that emphasize transformation and inte- ation, serves as a spiritual coach and healer, and performs personalized wedding cer- monies.

m Carey has been a student of Master Wasentha Young since 1988, and was certified as n Instructor of T'ai Chi Ch'uan by the Peaceful Dragon School in 1999.

athie Carlson, MA, CSW is a psychotherapist and writer who studied extensively at the G. Jung Institute in New York. Recently returned to Michigan, she has been in private actice for 25 years. She is the author of *In Her Image: the Unhealed Daughter's Search r her Mother* and also of *Life's Daughter/Death's Bride: Inner Transformation Through the oddess Demeter-Persephone. Life's Daughter* is featured in this issue of the *Crazy isdom Calendar*, in the article on New Books by Local Authors.

apila Castoldi, PhD in High Energy Physics from the University of Milan, Italy is a Visiting structor at Oakland University. She is also the director of the Sri Chinmoy Centre of Ann bor, and has practiced meditation under the guidance of Indian spiritual teacher Sri inmoy for 14 years. For the past ten years she has lectured on meditation and spiritual actice throughout the Midwest.

urudev Shri Chitrabhanu is a Jain Master who brings to the West 5,000 year old teach- gs on Ahimsa (non-violence) and reverence for all life. Through these teachings he gives actical guidance for everyday living.

evin Costello is a certified massage therapist and the owner of Sanctuary Massage in helsea.

Gabriel Cousens, MD is a holistic physician, psychiatrist, family therapist, and a licensed homeopathic physician. His books include: *Depression Free for Life*; *Conscious Eating*; *Spiritual Nutrition and the Rainbow Diet*; *Sevenfold Peace*; and *Tachyon Energy: A New Paradigm in Holistic Healing.* He uses the modalities of live-food nutrition, naturopathy, Ayurveda, homeopathy and acupuncture, blended with spiritual awareness, in his healing work.

Therese Craig, OP, Ph.D., is a spiritual director and journal guide. As a certified consultant for the Progoff Intensive Journal Method, she has led workshops in both the U.S. and Canada.

Dance Gallery Studio is a non-profit, professional, community organization that focuses on developing both technical and creative skills in its students. The Studio strives to make dance accessible to the general public through classes for adults and children as well as special workshops and educational outreach.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

The ***Divine Madman*** musicians are a group of Tantric Buddhist meditators who practice the path of meditation in the context of creativity and joy.

Barbara Dossey, RN, MS, HNC, FAAN is an educator, researcher, author and pioneer in the holistic nursing movement. Her most recent publications include *Florence Nightingale: Mystic, Visionary, and Healer*; *Holistic Nursing: A Handbook for Practice*; *Rituals of Healing*; and *Profiles of Nurse Healers.*

Larry Dossey, MD is a physician and best-selling author. He has been speaking on complementary and alternative therapies and mind-body medicine for over 15 years. He has become one of the world's leading proponents of holistic medicine, He has written eight books on body-mind health, which include: *Healing Words*, *Prayer is Good Medicine*, *Be Careful What You Pray For*, and his most recent, *Reinventing Medicine.*

Drumwomyn (pronounced drumwoman) is based on the tradition of Ubaka Hill and the DrumSong Orchestra. "As we learn intricate rhythms, parts are put together to create a greater whole. Hence our singular name and motto: *Drumwomyn; One Drum, One Womyn.*"

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain such as arthritis, lupus, MS, irritable bowel syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, *Living Successfully, Your Resource on Chronic Illness.* She has also lived with chronic illness for 17 years.

Suzanne Eastman, MS, LLP, CSW conducts therapy and dream groups, does individual therapy and leads workshops. She chiefs quarterly Sweat Lodge ceremonies and develops personal ceremonies for important life passages. Her orientation is eclectic, with shamanic, Buddhist, Jungian, and Bioenergetic influences.

Ryan Edwards has studied in many places, including West Africa. He has focused on the djembe, dununs, and balafon.

Tom Egan, M.Ed. in Counseling, lives in Ann Arbor and works as an engineer. He does Holistic Health Counseling, has taught in the public schools, is a Reiki practitioner, and has competed nationally as an athlete. He has developed and facilitated Spirit programs for adolescents and athletes. He also offers "healing waters therapy".

Mateyo Empie, the Medicine Woman, has walked between the worlds for over 30 years, supplementing her experiences with studies in indigenous shamanism, aura reading, conscious counseling, ritual forms, divination, and several energetic healing modalities. In this world, "the plant and stone people are among my most important advisors".

Myron Eshowsky, MS is a teaching faculty member with the Foundation for Shamanic Studies. He is also a Certified Shamanic Counselor. He has been studying shamanism for 28 years and teaching it for 10 years.

Essence Point is a spiritual network dedicated to supporting inner growth. We offer the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom, and currently serves as President of The American Polarity Therapy Association. She also completed a 2 year apprenticeship with Susun Weed in herbs and the Wise Woman Tradition, and has taught herbology for 5 years at The People's Food Co-op.

Bon Rose Fine is a member of the American Federation of Astrologers and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Lori Fithian brings a broad base of musical and rhythmical expertise to her drum classes, workshops and open community drum circles. She has studied with many teachers and is passionate about building community and planetary healing through the drum.

Diane Flood, RN, CMT has been in practice for 10 years and integrating the use of essential oils into massage as "aromassage".

Teachers, Lecturers,

Chetana Florida has been a mantra meditator since 1973 and is the founder and president of the Lighthouse Center for Spiritual Development. She is Gurudev Chitrabhanu's 1st apostle, and teaches the 5,000 year old teachings about the chakras from his book *The Psychology of Enlightenment.* She is a counselor, teacher and lecturer and has taught over 2,000 students to meditate.

Antonio Francesco is a sculptor, dancer and ceremonial artist. He earned his master of fine arts from the University of Michigan. His work has taken him to Cypress, Greece, and West Africa.

Jackie Garvin is a licensed psychotherapist who has studied Eastern spiritual traditions since 1983. She specializes in experiential therapies and intuitive counseling.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. He developed the *Reiki With Animals* workshops. He co-developed *Heart Centered Reiki* with Cousens. He founded the Center for Intuitive Health. He teaches Reiki and Intuitive Development classes on: People and Animals, Reiki and other Healing Techniques, and Energy Clearing and Processing. He also teaches with The Animal/Human Energy Bond, and the Practical Psychic Center of Ann Arbor.

Colleen Gonyea, MBA is a life coach who works with people who want to live more abundant lives. She has worked as an accountant for over 10 years, and uses that experience to help her clients become more financially independent.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since I982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Greenbridge, BS, RSW (also known as ***Ellen Bergstrom***) has been a student of spiritual paths for many years. She has studied astrology, dream interpretation, omens, tarot and many other things. She is a practitioner of Shamanic Wicca, a social worker, and an alternative psychotherapist.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since I985. Her experiences as a performer and teacher of cello, and training in ballroom dance, T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Hanuman (Ben Aronson) is a disciple of Mata Amritanandamayi Devi for the past eleven years. He spends six months each year at her spiritual center in Kerala, India, practicing her teachings. He is a former actor/salesman for five years, and a former American Sikh for six years.

Ubaka Hill facilitates drum workshops and intensives around the country. She works with women's and mixed groups. She has two recordings to date, and she's nationally known.

Robert Hughes has been studying alternative healing modalities since graduating from the U of M in 1992. He augmented his studies with 2 years in residence at a healing arts school, The Heartwood Institute, where he was class valedictorian. He has been practicing and teaching Qi Gung and Reiki since 1997.

Michelle Iaquinta, of Amarinth Seminars, holds a Bachelor of Science in independent studies and is currently working on a Masters Degree in Interpersonal and Organizational Communication. She is a trained peer crisis counselor, performer and public speaker. She has been teaching empowerment programs since 1990.

Inward Bound *consists of* ***Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. ***Barbara Linderman*** is the program director of Inward Bound.

Edward Jackson has two decades of experience with Shiatsu massage and with yoga. He has also trained in Karate for 28 years, and in Aikido for 8 years.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Shaqe Kalaj is an educator, artist and visual designer. She works through diverse mediums.

Charlotte Kasl is the author of *Finding Joy* and *If the Buddha Dated.*

Deborah Kaye has studied astrology for an entire Saturn cycle (28 years) and describes it as her lifelong passion. She's a 5th house Gemini who does some talk radio and uses astrology as a professional entertainer. She holds advanced degrees in psychology and health care, but is presently "strictly alternative".

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life. Channeled sessions with St. Germain are offered for removing blocks that come from previous lives.

Cindy Klement is a Certified Iridologist, Certified Nutritional Consultant, and Chartered Herbalist. She is a Professional Member of the American Association for Nutritional Consultants, a member of the American Herbalists Guild, and a Health Educator with over 20 years of experience in natural healing.

Rob Koliner, DC practices Bio-Geometric integration ar N.A.E.T. (Nambudripad's Allergy Elimination Technique) Ann Arbor. He graduated with honors from Sherman Cc lege of Straight Chiropractic. After studying Network Spin Analysis for six years with its founder and developer, D Donald Epstein, Koliner currently studies with Dr. Sue Browi who has expanded upon the Network model.

Laurie Krauth, MA, LLP is a psychotherapist who work with individuals, couples and groups, as well as a writer fc national parenting magazines. A Michigan Limited Licens permits practice under the supervision of a fully license psychologist (Glenn Davis, PhD).

Kristine Kurnit, MA is a licensed psychotherapist in practice for 20 years. She is a senior teacher at the Deep Sprin Center.

Alani Galbraith-Kuzma and ***Tom Kuzma*** live in Ann Arbo They study, practice and teach Lomi Ke Ala Hoku, Hawai'ia Sacred Temple Bodywork, and are initiated Teachers in th Hierarchy of Lights, initiated Kabbalists, and Reiki Master of the Usui lineage.

Carole Lapidos, MSW leads workshops on *Raising Stron and Confident Daughters.*

Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She is the author of several books including *Woman to Woman: Street Smarts for Women Entrepreneurs, Bad Hair Days, Stumbling Toward Enlightenment,* and *Building a Business the Buddhist Way.* Her branc new book, *Tap Dancing in Zen*, is featured in the article or "New Books by Local Authors" in this issue of *The Craz Wisdom Calendar.*

Morris Lawrence III is a 4th degree black belt and Sensi He has 23 years experience.

The Lighthouse Center is a non-profit center for spiritua development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Orgyen Kusum Lingpa was trained as a Tibetan physician and is widely known in his native Tibet as a healer. He is reputed to have accomplished numerous miraculous healings, and is regarded as an emanation of the bodhisattva Vajrapani. He still lives in Tibet, and is the spiritual head of five monasteries there.

Michele Loewe is a Naturopathic Physician at the Huron Valley Naturopathic Clinic.

Jeanne Mackey, MSW, ACSW is a psychotherapist and workshop leader. A community builder and musician, she draws on European, Chinese and Native American earth-based traditions. She has received training in applied ecopsychology at the School of Lost Borders. She is musical director of Sacred Song, a local multi-cultural choral group.

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Workshop Leaders, and the Centers

Richard Maurer has studied numerology, tarot cards, astrology and esoteric subjects and philosophy for 30 years. A graduate of EMU, he has taught classes on a variety of subjects, at the University of Michigan and other locations around the state.

James McDonald has studied with Mathew Wood, Rosemary Gladstar, Paul Strauss, Equinox Botanicals and the Clayton College of Natural Healing. He is a member of United Plant Savers.

Anita McKay is a trained artist and psychic. She specializes in doing personal spirit guide or angel drawings for individuals. She also offers instruction in psychic development.

Lynn Meadows is a Certified Feng Shui Consultant and has studied with many internationally known teachers from the various schools of Feng Shui. She combines a background as a business person and teacher of fashion and interior design, with a personal quest for spiritual enrichment.

Nick Meima has had years of experience leading men's workshops. He is a father and step-father, and he's actively involved in the helping professions.

Lynnette Michalik is an artist and educator. She has a background in classical archeology, women's studies and Native American knowledge systems, and has been a member of the Moonlodge since 1986, and a leader since 1992. She has led workshops in shield building, fire building, creation stories and sweat lodge building.

Sylvia Middlebrooks and ***John Middlebrooks*** have found inspiration in the Dances of Universal Peace and the Sufi path of the heart since 1982, and have taught the Dances for the past 10 years. John is a representative of the Ruhaniat order of Sufism.

Lori Mikol has been studying Tai Chi Ch'uan Yang style short form for almost 4 years with Master Wasentha Young at the Peaceful Dragon School of Tai Chi Ch'uan. She has a doctorate in Clinical Psychology, and works primarily as a psychotherapist with children and families. She is also the mother of a 7year old son.

Maggie Miller is a graduate of AAIMT and has been an instructor there since completing its teaching program. She is a member of the American Massage Therapy Association and is certified by the National Certification Board for Therapeutic Massage and Bodywork.

Richard Miller has 25 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan, and in China; from 1979 to 1991, he trained in San Francisco under Master Adam Hsu. He established the Great Lakes Wushu in I992.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

John Morris, Mdiv, PhD has been leading Wiccan and Shamanic groups in Ann Arbor for 12 years. He specializes in counseling, reiki healing and tarot readings.

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding. She has been influenced by Gestalt and Jungian therapy, and by the work of Stanislav Grof.

Vicki Noble is nationally known as a feminist scholar, healer, artist, wisdom teacher and author. She is the co-creator of *Motherpeace*, and the author of *Shakti Woman: Feeling Our Fire, Healing Our World.*

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since I979. He lives in Durham, N.C., where he does transpersonal counseling and teaches at Duke University.

Lucinda Orwell, PhD, LLP spent years studying wisdom and creativity. She integrates a mind/body/spirit philosophy in her psychotherapy practice.

Mehmet Oz, MD is a thoracic surgeon at the Columbia-Presbyterian Medical Center in New York City.

Phyllis Perry, MSW, MFA is a counselor and writer. She founded New Options Counseling in 1989, and specializes in career transitions and creative/artistic pursuits.

Judy Piazza is a singer/songwriter and percussionist. She performs and facilitates workshops on frame drumming, the power of pulse, and indigenous singing. She is currently affiliated with the Upland Hills Ecological Awareness Center. Her background is in music therapy, and she has been exploring the healing aspects of sound, voice and rhythm for over 30 years.

Jim Pierson is a nationally certified Chief Instructor of Choi Kwang-Do Martial Art International. He is also a nationally certified Women's Self Defense Instructor of Choi Kwang-Do. He supervises 16 instructors and over 100 students of all ages for the Ann Arbor/Saline area.

Aiji Pipho has practiced and taught Tai Chi Chuan in Ann Arbor for several years, and has been teaching classes at the Pierpont Commons for the past 4 years.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Rich Rahn is a speaker and author. His book, *Evolve Yourself*, is an introduction to conscious personal evolution. He is a member of the Institute of Noetic Sciences as well as The Foundation for Conscious Evolution.

Repercussions Percussion Ensemble has entertained audiences for ten years. They have performed at the Top of the Park Festival, the Ark with Ubaka Hill, and at many other festivals and venues.

Jesse Richards has been teaching voice and dance for the last 17 years. She is currently the artistic director of Hundredth Monkey, previously the director of Sister Earth. She is a recording artist and has released 8 albums of original music. She was the subject of *The Crazy Wisdom Interview,* in the September-December 1999 issue.

Mary Valerie Richter, ACE is a Certified Exercise Specialist. She is the owner and director of Body Works Fitness and Massage Therapy Center.

A'dzom Rinpoche and ***Traktung Rinpoche*** are ordained within the Ngak'phang Sangha – the non-monastic, non-celibate tradition of Tibetan Buddhism. As lineage holders within the Nyingma tradition – Tibet's oldest school of Tantric Buddhism – and as a married couple with children, they demonstrate the integration of the highest aspects of the path and everyday life. They were the subjects of *The Crazy Wisdom Interview* in the May-August 1998 issue.

Kyabje Gelek Rinpoche is an incarnate Tibetan lama of Drepung Monastic University. He trained with some of Tibet's greatest masters, including Kyabje Ling Rinpoche and Kyabje Trizang Rinpoche. He is the founder of the Jewel Heart Tibetan Buddhist community, which has centers in the US, Europe and the Far East, and he has graced the Ann Arbor area with his presence now for a number of years.

Rigdzin Namkha Gyamtso Rinpoche is an incarnation of the Awareness Holder Do Ngak Lingpa. He is a Nyingma Ngakpa Lama and has completed extensive training and 6 years of retreat under the greatest masters of Tibetan Buddhism including Dilgo Khyentse Rinpoche and the female master Dechen Yudron. Namkha Rinpoche presided over Gar Chong Ri Tro Pema Gatseling monastery prior to leaving Tibet in 1998. Currently Rinpoche is living at Tsogyelgar Hermitage and offering teachings at the Flaming Jewel Dharma Center.

Sheila Layla Ritter, MA, LLP is a psychotherapist and healer who works with light, sound, movement and energy. She has been a teacher, consultant and therapist for 20 years. She is a Certified Level II EMDR practitioner.

Michele Rivette, MSW is a psychotherapist in private practice in Ann Arbor. She is affiliated with the Coping Studies Research Program in the U-M Departments of Psychiatry and Psychology. She has 9 years of experience in working with crisis intervention, trauma, sexual abuse, eating disorders and adjusting to major life changes and loss.

ShuNahSii Rose is a practitioner of earth-based spirituality whose roots in this work trace back to her maternal grandmother. With a lifetime of ritual experience and 20 years study of earth-based peoples, she has been teaching since 1989. As a story-teller, educator and community organizer, her work emphasizes "the empowerment of womyn and girls". She was the subject of *The Crazy Wisdom Interview* in the January-April 1999 issue.

David Rosenberg has been teaching Yoga in the Iyengar tradition since I993, and is certified. A while back, he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist. His classes are "challenging but infused with humor and personal attention".

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Terry Ruth is a nationally certified and state-licensed massage therapist and bodywork practitioner. She has combined training in BodyTalk, Reiki, massage therapy, and other related modalities to become a well-rounded bodyworker. She has been practicing BodyTalk techniques since it was introduced in the U.S. in 1996, and she became a certified BodyTalk instructor a year ago.

Frances Salvato of the Chicago School of Massage Therapy has advanced training in pregnancy and infant massage, energetic techniques, sports massage, cranial work, and myofascial massage therapy.

Kim Sanwald-Reimanis is an author and passionate advocate for the renaissance of letter writing. She has studied the influence of letter writing within both a historical and contemporary context.

Sara Schreiber, PhD is in private practice as a psychotherapist in Ann Arbor. She is the Artistic Director of Empatheatre. Her work with Empatheatre combines drama and improvisation to enact life-situations and find resolutions that feed the soul.

Trisha Schumacher, BFA, MA is an exhibiting artist and an art educator. For the past 25 years she has taught a variety of art forms to students of all ages. She has conducted several workshops including mask making, ceramics and paper bowls. She is also a Reiki I practitioner.

Sandra Shears is a local spiritual channel and counselor in practice since 1990. She offers an accelerated process for becoming Soul, through advanced energy healing and activation.

Kathy Sherman is a singer, composer and poet with a passion for the communion of life of which we are all a part. She has published ten albums of music, and is working on a new album, *The Heart Knows*.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

David Sink is a Registered Nurse, and a 2nd degree black belt with 18 years experience. He is the Dean of the Ann Arbor Quest Center.

Laszlo Slomovits is an award-winning songwriter for both children and adults. He and his twin brother are better known as the music duo, "Gemini". They have released a number of recordings. (His recent book, *Our Eyes Are Its Wings*, is featured in this issue of *The Crazy Wisdom Calendar*, in our article on New Books by Local Authors.)

Sobonfu Somé was born in Burkina Faso, in West Africa. She and her husband, Malidoma Somé, travel the world conducting seminars and workshops that offer their native perspective on intimacy, spirituality and the sacredness of every day life. She is the author of two books, *The Spirit of Intimacy* and *Welcoming the Spirit Home*.

Ema Stefanova has taught yoga and meditation in Europe and the United States since l979, to groups and individuals of all ages. Her teaching style is based on her own practice and experience as well as training in a traditional yoga environment.

Susan Steiner has worked professionally in human resources for over 30 years. She has done both formal and informal coaching and mentoring on issues such as women in the workplace, improving performance, personal and professional motivation and influence, process improvement and design. She has also studied with Natalie Goldberg and is a published writer.

Maureen St. Germain is a licensed facilitator of Flower of Life workshops. She was personally trained by Drunvalo Melchizedek.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is also certified with the National Certification Board of Therapeutic Massage and Bodywork.

Don Alberto Tatzo is a master Yachak Birdperson Shaman, from the Cotopaxi Quechua tribe in the high mountains of Ecuador. He is one of the 10 shamans who visited Ann Arbor in September of 1999 as part of the "Gathering of Shamans".

Andrew Taylor focused his bachelor's degree on theater and speech in secondary education. He has been living *The Artist's Way* for three years. His interests include Creative Writing, Beaded Jewelry and Acting/Directing. In college, he was "the Hetero-Advocate" in several gay, lesbian and bisexual support groups.

Antoinette Thoin, MA is a storyteller and creator of YinSpace Expressions of Ann Arbor. She offers healing and insight workshops, individual consultations, spontaneous storytelling, creative writing and Earth Wisdom teachings. She brings to others "skills developed while teaching and counseling, and intuitive gifts arising from connection to my spiritual teacher".

Mary Tillinghast is in her 16th year of managing Castle Remedies. She also has worked with Ed Linkner, M.D., and under his guidance has had hands-on-training in the use of homeopathic medicines

Tsogyel-gar, formerly named Crazy Cloud Hermitage, is the center of the Flaming Jewel community of practitioners of the Nyingma tradition of Tibetan Buddhism. The Nyingma tradition is the oldest and original lineage of Tantra in Tibet and is unique in its Sangha of ordained non-monastic Ngakpa, or 'mantra wielding', practitioners. Tsogyel-gar exists for the study and preservation of the Ngakpa lineages.

Turning Points is a non-profit organization providing information, education, support, and programs to men and their families.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Wendy Warrick is an experienced Feng Shui Practitioner who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Jeanie Wayker has been a student of the 4th Way for over 20 years.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 19 years of experience in the healing arts including 12 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past six years. Her training includes study with two Masters initiated by Hawayo Takata. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Beth Wiggert is a 1987 graduate of the Medical College of Virginia and a licensed physical therapist. She was certified as an instructor by the Peaceful Dragon School in 1999.

Bronwen Wildflower has a Ph.D. in Botany, a lifetime passion for plants and the workings of the body-mind, and more than 30 years of teaching experience in many contexts. She has had a practice as a holistic health practitioner and intuitive healer for 13 years, and uses plants in many forms as healing allies. She was the subject of *The Crazy Wisdom Interview* in the January-April 1998 issue.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. In addition to her work as a therapist, Lisa is a Pathwork helper, a musician, and a mother.

Sifu Linda Wolslau is a certified Tai Chi Master of 25 years experience. Her intensive training and certification was with Grandmaster Woo Pak Zung. She has the distinction of being the first American woman to teach this style. She owns and operates Gentle Tiger Academy of Tai Chi Chuan.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being. She is also a certified Acupressure Technician.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Sukha Murray***, Resident Priest, who has been teaching yoga for 20 years and meditation for l0 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

Photographers Wanted

To take pictures for *The Crazy Wisdom Calendar*. Moderate pay, good exposure. It's also fun and interesting to meet the people we take photos of: healers, authors, bodyworkers, psychics, professors, holistic and spiritual types, and other fringe elements! For more information, contact Bill Zirinsky at Crazy Wisdom, 665-2757.

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The Crazy Wisdom Interview with U-M Professor Max Heirich

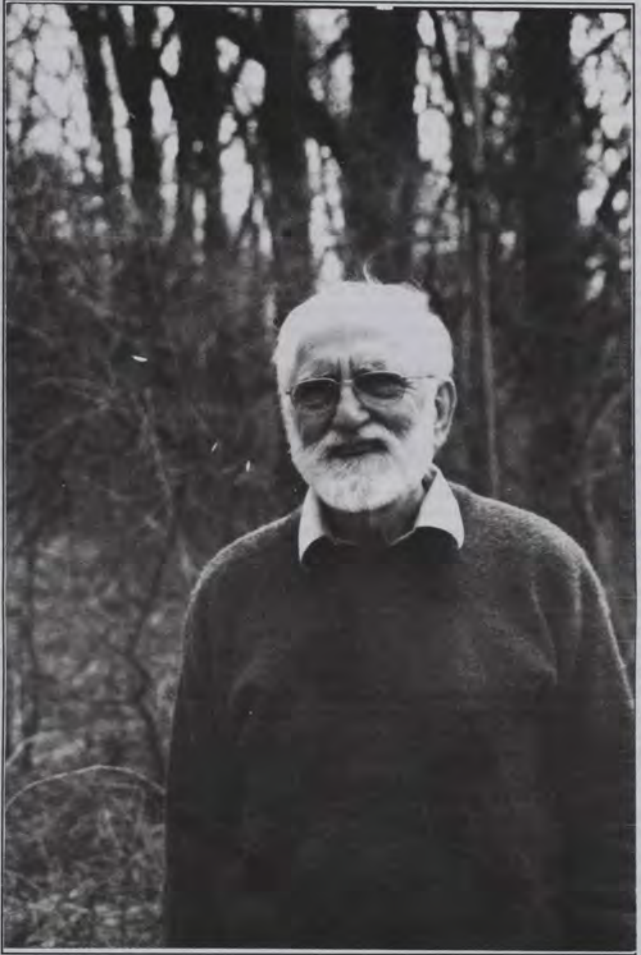
An Eminent Sociologist Reflects on a Career at the Cutting Edge of Social Change, and on his own Spiritual Evolution

Photography by Charles Boyer

"What is it that we add to the stream that's moving on that allows that stream to take a slightly different direction?" *This question, posed by University of Michigan sociologist, Max Heirich, has been at the core of Heirich's work life, and has challenged and motivated him in his own life's journey.*

Recently retired, Heirich is a Professor Emeritus of Sociology at the University of Michigan, and a Research Scientist Emeritus at the Institute of Labor and Industrial Relations. The interview which follows traces the evolution of Heirich's rich and productive work life at the cutting edge of social change. From his fundamentalist upbringing in Muskogee, Oklahoma, to working in the Deep South in the 60's and writing books on the Free Speech Movement at Berkeley, to bringing holistic health into the mainstream at the U-M Medical School and the Residential College in the 1970's, to developing workplace wellness programs for GM and Ford in the 80's, to working with dying AIDS patients in the last decade, Heirich has been a social reformer, an intellectual iconoclast, a man of action, and a seeker. Heirich is a wonderful story teller, and in this interview he weaves a tale of the unexpected personal and spiritual challenges which met him on the road along the way, and which deeply influenced the work he has done, and the life choices he has made.

I sat with Heirich at his house up the hill on Broadway on a sunny, late winter morning. Heirich is a striking, white-haired man, with a full white beard and blue eyes which twinkle when he's feeling amused or mischievous. We sat in his glass-enclosed den, looking out on the bare woods behind his house. He served me some herbal tea and we began to talk.



Bill Zirinsky: Thanks, Max, for being willing to sit with me today and do this interview.

Max Heirich: Sure.

Bill Zirinsky: I understand that you recently retired from the University.

Max Heirich: That is correct.

BZ: How long were you at the University?

Heirich: I came in 1967, planning to stay for three years, though I was there 32 years before I retired.

BZ: Had you been at another university prior?

Heirich: I had been at Berkeley, where I did my Ph.D. and did a little teaching, then came here. I thought I was going to be teaching in the South and this was sort of a stop in process, but I never left here. Before Berkeley, I had taught at an experimental college in North Carolina. In between those things I worked for the American Friends Service Committee.

BZ: So when you got here, you were how old?

Heirich: I was going on 36.

BZ: I see. Where are you from? Where were you raised?

Heirich: I was raised in Muskogee, Oklahoma, which was the old capitol of Indian territory, and I am sure that it was an important part of who I have become. I was taught American history by American Indians. That was a very powerful experience. I was quite startled when I left Oklahoma to discover what other people thought had happened in the settling of the west. It gave me, I would say, a passion for social justice, a concern about people who are mistreated by the system, and a sense of the great richness of our various cultural heritages, which stayed with me all my life.

BZ: Do you still have family in Oklahoma?

Heirich: I do.

BZ: So you came here to teach sociology? Is that what brought you here?

Heirich: Well, I came here to teach sociology, but the thing that drew me was that the Residential College was opening and I had been told that if I came I could teach in it. That sounded very interesting.

BZ: What had been your dissertation area?

Heirich: My dissertation was the study of the free speech controversy at Berkeley, and social change was the area in which I was especially interested. I had gone to Berkeley from working in the South as part of the civil rights movement, so I had a lot of involvement in the issues that I was writing about.

BZ: What does that mean to have been working in the South in the civil rights movement in your case? What were you doing?

Heirich: Is your question what did I do or what did it mean to me emotionally?

BZ: Yeah, a little bit of both. First what you did and then what it meant to you.

Heirich: This may be a ramble. I worked with the American Friends Service Committee, and my job in the South was to visit colleges. I didn't have a membership group that I was servicing, rather I was identifying the people who were making cutting edge efforts to change the situation around them and see how we could be most supportive of them. So I worked on integration issues in colleges – everything from conferences with college presidents and others who were having to face the issues of court orders and how they were proceeding, to being one of the sponsors of the newly formed Student Nonviolent Coordinating Committee when it emerged out of the sit-in movement in the 60s.

BZ: Where was SNCC based?

Heirich: SNCC was all over the South. There were 80 communities that were involved. It actually started in the town where I was living – Greensboro, North Carolina – but it spread very quickly throughout the South. Initially, it was a challenge to segregation of public facilities and leaders then quickly realized that what they most needed to do was to work on the stacked congressional one-party system and to get voter registration rights. It became the group that took the most serious risks in trying to change the structural order of the South at that point. It was called the Student Nonviolent Coordinating Committee. It didn't always stay nonviolent, and it faced incredible challenges. But it began with a great belief in Mahatma Gandhi, Martin Luther King, and non-violent revolution.

BZ: Yeah, I remember when Stokie Carmichael and H. Rap Brown burst on the national scene, and at that point it was already being painted a certain way in the major media.

Heirich: Its roots were quite different. You asked about what it meant to me personally. Muskogee, where I grew up, was one-third white, one-third black, and one-third Indian. It was part of the "classic" segregated South. In high school I had become involved in efforts to integrate our community and helped with the sorts of things that young people were doing. I guess the equality of all was something that was very, very important, and so the chance to be part of a real thrust venture to make those dreams of American society real was very important to me.

BZ: It's kind of hard to reach back in the year 2000 to the mid-1960s and the civil rights movement.

Heirich: This was the mid-1950s - well 1960 was when the sit-ins began...My high school efforts were in the late 1940's... This was not a very popular movement at the time that I got involved. I was very, very touched when John Lewis came here to accept the Wallenberg prize. I had gotten to know him in 1960.

BZ: Congressman John Lewis from Georgia?

Heirich: From Georgia.

BZ: Active in the civil rights movement?

Heirich: Yes. Actually you might be interested in the story. I was traveling from city to city during the sit-in movement and I got to Nashville and was invited to a party, which turned out to be the night before a big event that changed the whole character of the sit-in movement. He was there. And I was talking with the Nashville students, and they were, more than any other community, really reading Gandhi and Martin Luther King and trying to understand the spiritual issues of inequality, not simply who wins and who loses.

I can't remember whether it was John Lewis or a whole group of people – anyway, during that evening someone from the Nashville group said to me, we're really very discontent with what's happening in this struggle. It's become a patterned ritual. We go into a community, we close down the lunch counters, the black jacket boys come and oppose us, everything freezes, and then sometimes we start boycotts and we might even win because people can't afford to do without their income, but how will the moral issues get dealt with? And they said, we're going to do something different tomorrow. I said, what's that? And they said, well they've been saying that we've been closing down the lunch counters. We're not closing them down. We want to make it clear that they're closing them down because they won't deal with the issue of equality. So tomorrow we're going to send in three people at a time to McClellan's – it's a very, very large lunch counter in downtown Nashville. We're going to be scattered so that there will be many, many seats between us so that anybody who wanted to could come in and get service without having to sit next to us if they're upset by that. Then if they close down their lunch counters, it will be absolutely clear that it's their unwillingness to deal with our rights rather than that we're forcing everybody out of business.

BZ: Because what had been happening?

Heirich: A whole group would come in and they would just fill up the lunch counter, and then everything would just stop and there would be no service. So I said, "you know what's going to happen, don't you?" And they said, "well what do you think is going to happen?" Which of course was a nice correction. And I said, "well I think you're going to go down there and you're going to get beat up." And they said, "yeah we know that. And we've got 200 of us in line, we're going to fill up the jails, we'll get arrested for disturbing the peace for simply sitting, and it will be absolutely clear what's happening." And they did that, and filled up the Nashville jail. At first they got rather good coverage in the newspaper because they had with them flyers urging nonviolence, and it was very clear what they were up to. Then, when they refused to leave the jail and said no, we'll serve our sentence rather than pay fines, we want this issue dealt with, people began to turn against them. Their lawyer's office was bombed, which was not an uncommon thing in those days.

At that point they had left out of the demonstration some leaders so that activities could continue on outside the jail. A woman named Diane Nash, who was a very striking African-American with beautiful blue eyes – something that always reminded Southerners that misogynation was not something only to be feared from blacks but happened to blacks – anyway, Diane Nash led a march of 500 people through the streets to the mayor's house. This has actually been captured on TV and I think we have it in our film library at Michigan. The mayor's house was a classic one with a white picket fence and so forth. She walked through the gate while everyone else stood outside, walked up to the door, and rang the doorbell. The mayor had the guts to come out, which must have been a little scary. She simply looked him in the eye for a very long time, and she had a gaze that you could not look away from. And then she said to him, "Mr. Mayor, do you think that what's happening to us downtown is right?" And he blanched. She continued to look him straight in the eye. There was a long pause and then he said, "Well no, I don't think it's right." And she said, "Well Mr. Mayor, what are you going to do about it?" There was another long pause. And then he said, "I'll do what I can." She said, "Thank you Mr. Mayor," turned around, and led the people away. The next day he called together the various merchants who had been targets of the demonstrations and he said, I think it's time for us to begin to deal with this. They said to him, "Well, maybe you need the black vote, but we don't." And they walked out.

But one of the group that was there was a fairly young man who was the son of one of the wealthy families that owned the big department store in town, and their lunch counter had been part of the sit-ins. He had seen the confrontation between Diane Nash and the Mayor on TV and he couldn't sleep that night. He talked with his widowed mother deep into the night. Then he called the whole group of merchants together and said, "Boys, I have an announcement to make. I want you know that on Tuesday we're opening up our lunch counter to anyone and any of you who want to join me are welcome to do so." No discussion of what will we do, but "Here's what I'm doing, this is the right thing, do you want to join me?" And on Tuesday, eleven stores joined with him, in opening their service to all. That began to set the pattern by which this whole thing was resolved in the South. In city after city people just quietly recognized that if it could be done in Nashville, we could do it in our town, and they did so.

> I grew up in the Bible Belt of the South. We were southern Presbyterians…My mother and Jerry Falwell would have been perfect companions in terms of their theology and their religious and political beliefs. She dedicated me to be a servant of the Lord, and she assumed that I would become either an evangelist or a fundamentalist preacher or a missionary.

BZ: That's how it happened? That's how it opened up?

Heirich: That's how it opened up.

BZ: I never heard that story. The lunch counter sit-ins are kind of glossed over. I never knew actually how it evolved.

Heirich: That's how it happened and it changed. It always inspired me that people with a clarity about what the issues are and how can we have integrity ourselves in acting on them could touch others so deeply. I was very moved when John Lewis came here and was given the Wallenberg prize. It's a wonderful life that he's lived, keeping all of this going. He remembered that party and the conversations and wrote a little note in the book of his that I'd just bought that said, "Thank you for your good works. Keep the faith." It's just very, very moving to me to know that people still are aware of each other through time and that they find their different paths of integrity and try to follow them.

BZ: I don't remember my American history in terms of where Oklahoma was in the Civil War. Was it a free territory?

Heirich: It was Indian territory. When Andrew Jackson became president in the 1830s, one of his campaign promises was that he would clear the Indians out of the Southeast and it is one of our most troubling episodes of genocide in American history. Native Americans in the Southeast from Florida on up were force marched hundreds and hundreds of miles to what became Indian territory, which is where Muskogee was. It was just west of Arkansas. The state of Oklahoma did not become a state until 1907, when Indian territory and Oklahoma territory were combined.

BZ: I see. So Indians from different tribes were all put in this one territory.

Heirich: Yes. They were force marched. Thousands died. There were five groups in particular that became sort of leaders. They were called The Five Civilized Tribes because they had mastered English, had alphabets, and one had a chief who had studied at Harvard, for example, and they really in a sense had tried to meet their neighbors'…

BZ: expectations…

Heirich: and certainly had not been honored, in retrospect.

BZ: Interesting, I guess there was a not-so-proud tradition that has continued of running for president against somebody, whether it is the American Indians or…

Heirich: A lot of the Civil War was fought through this territory, and I would say that culturally Muskogee is Texarkana – the kind of area which Bill Clinton is from.

BZ: You were in Berkeley during the interesting years of student activism. Were you involved as well as an academic observer?

Heirich: I was involved in the early '60s in a variety of things. I was getting ready to write a dissertation in 1964, and what I wanted to do was to study situations in which people would take risks for values that they held very deeply. I had thought about going back South and had decided that was not going to be practical. I had thought of going to Europe and interviewing people who had aided Jews during the Nazi period and decided also was not practical, that it was too far after the event to get accurate understandings of what happened. Everyone would have reorganized their memories by that time

I was trying to decide how I could do this when suddenly about 2000 students lay down in front of a police car and said, "Drive over me before you arrest this man." And I thought, "Oh shucks. Here is the perfect situation and I'm not ready." However, that controversy kept going and so it eventually became my dissertation study. But to answer your question, I realized very early on that part of what I needed to understand was how people came to perceive their options. If I was going to do that I had to stay out of this event and had to document what all the participants on all sides were doing. So, with great difficulty I tried to remain neutral and document how people perceived what was happening and what affected what you see and believe and what affects when you will act on what you see and believe.

BZ: What affects how you will act?

Heirich: How your perception of events gets influenced by people around you, by organizational characteristics and timing, and by how later things gain "meaning" because of the frame of reference you use to understand them.

BZ: What were the key ingredients, as you look back on that era, that inspired the students to act as they did?

Heirich: They were certainly responding to larger national events, particularly the civil rights movement in the South, their wish to support it, their perception that strongly vested interests were trying to stop this, their needs as loyal Americans to help keep this going. Then their growing horror at an undeclared war in Southeast Asia. They began to put all of this together and say we're about peace and freedom and we see people of color being exploited all over the world. We can't stand idly by: otherwise we are part of that. Beautiful, at times naïve, very powerful.

BZ: What's interesting to me is that there are international political events happening at all times, but that the students of that particular era were able to integrate a sense of the root causes of what was happening during that era, and through a series of influences were motivated to come together and to in an idealistic way try to change things. It is interesting to me that it hasn't happened again or not yet.

Heirich: There are edges of it happening right now. For example, in the anti-sweat shop efforts that are sweeping campuses right now. One of the things that intrigued me, that led me to want to study this rather than just be a participant was that there are moments when people will risk life itself for values that they hold very deeply and other times when the same people will say, "Well, yes that's important, but I have other things to do." And my question was how does that switch occur.

BZ: And the switch occurred at that period.

Heirich: It occurred at that period. Yeah, it really did.

BZ: Did you, as part of what you were doing, interview lots and lots of students as well as administration officials?

Heirich: I was a participant observer in the sense that I was everywhere that I could be, including inside the administration where faculty would help me get entree. And I would interview students, I would record the events that occurred. There was a survey of the student population that was taken every other month by someone, and those people all let me ask questions so that I could get a random sample of the student body. Everyone had a sense that what was happening was historic and should be well recorded, and since I was doing it they all became very cooperative to help, what would you use, how could we help.

BZ: How long did that period really last?

Heirich: It depends on what you mean by that period. The controversy about whether students had the freedom to organize and act as students on campus lasted about eight or nine months. It gave lots of time to study the dynamics of what was happening. But that gave rise, really, to movements all across the country, which became known as the New Left, and that went on for almost ten years.

BZ: That nine-month period was when, 1966 or 1967?

Heirich: 1964 and 1965.

BZ: I see. So it was really earlier than everywhere else and that's why it's sort of the generator.

Heirich: And it became the sort of model that other people imitated. We had the Students for a Democratic Society that was forming here, but it didn't get off the ground yet. Their work became sort of a bellwether of what was coming.

BZ: What's interesting to you about what took place at Berkeley as you look back at it now, 36 years later? When you talk about it now, what's most…

Heirich: I'm going to have to take a little while to think here.

BZ: Okay. That's fine.

Heirich: The question was what was most interesting about?

BZ: As you look at it now, what's interesting about…?

Heirich: I'm trying to step aside from the book that I wrote about it 36 years ago and look at it now.

BZ: What's interesting, in a sense, as you think about your book now and it's so many years later, and you've watched what's happened on campuses and what's not happened, and you've seen the politics of the culture evolve and in some ways stand still.

Heirich: Well, there are a variety of things that jump out at me. The first thing that strikes me is how little of the book I would change now, that the dynamics that were occurring still seem correctly captured and visible in many other movements as well. In a larger sense, that movement helped give rise to Ronald Reagan's political power – first in California, then nationally. What now looks like a romantic dream of equality became the dynamic for a conservative reaction. It wasn't the only thing that was happening, but it was an important trigger of that reaction.

What strikes me is that dreams did not die, even when students later responded to the very conservative swing of national events and withdrew to the sidelines. Their analysis of events had been too simple. As they grew older and took other roles in society they began to realize some of that; the ideological statements they made and the radical politics dropped away. I think not just because history proved them wrong; it didn't quite. How do we decide when and how to act? I think we find positions that speak to us and then we find rational reasons for them. The circumstances were changing, in which people found themselves… I'm not very satisfied with the answer I'm giving you right now.

BZ: Well you know, it strikes me as you talk that you're talking about two strands that emerged. One was the kind of conservative counter-reaction to the '60s, but you're also talking about the dream not dying, that society did move forward in profound ways in the last 35 years. But culturally there have been tremendous differences when you compare where we are now to the Eisenhower '50s in terms of tolerance, in terms of sexuality, in terms of integration in the culture, and in terms of voting rights. We make these steps forward at the same time as there is the constant reaction against changes.

Heirich: The steps that we make forward may turn out very differently than we anticipated. Sexual liberation, for example, brings with it the AIDS epidemic and a total reexamining of what relationships are about, in some ways profoundly deepening our experience and at other times reinforcing older traditions which provide safe guidelines. There are reasons people have rebelled against them and want to be not so restricted them, and then find themselves facing all the complexities of what happens if you're freer – whether it's women and one-parent families and all the struggles that that involves, whether it's sexual freedom and the mixing of sex and death, as in AIDS. The liberation movement followed the New Left as the civil rights movement split. I would say as people pursue dreams and social movements often the principle that they started out with becomes broadened, generalized, made both more abstract and more specific – the principle becomes more fundamentally expressed.

And so we started in the '60s being very concerned that blacks have rights that other Americans had, gradually all sorts of groups that were not the majority began to find their own identity and their needs and to call for not simply being absorbed into American society, but being honored and treasured as they were – whether it's the women's liberation movement, the gay liberation movement, the Hispanic movement, Native American movement, or other of the diversity issues that have come since. In some ways, these profoundly challenge how we are a unity and in other ways profoundly affirm the treasure that is each tradition. We have tried to be human beings who could be their whole selves. In the process we have often splintered in terms of our political cohesion, and one of the consequences is that we have a society more unequal than in many earlier decades. Many of the things that the young people in the '60s struggled against now are unquestioned reality.

BZ: Give me an example of that.

Heirich: The dominance of the wealthy.

BZ: Yeah, that's gone contrary to…

Heirich: Absolutely contrary to what their dreams were. The control of politics by a small special elite and especially the super wealthy. The destruction of a tax system that could help redistribute the basic goods and services to the whole group. I don't want to simply label this, but the destruction of the safety net in America that we call the welfare system in the name of reforming it but not replacing it with anything. The use of terms like politically correct to abrogate any sense of responsibility for other people. All this is directly contrary to what those dreamers found hoped for.

BZ: Yes, those are all good examples.

Heirich: What's fascinating to me as someone who just retired is to see the children of that generation now in college and with a different sense of what's possible than the students that came just a few years before them. It's almost like going from the '50s to the '60s is repeated going from the late '80s into the late '90s. There is a renewed activism and a sense that "I will be part of community, what's happening." It's not at the ground swell level that we saw in the '60s, but it's there.

BZ: Though throughout the '70s and '80s at the university there was activism and there were…

Heirich: There have always been people with vision who tried to follow it. But they are finding ways to band together collectively now that their parents had. You can even see styles coming back and you think, "Gosh, did they get these out of their parents' closets or what?"

BZ: In what ways are you seeing young people banding together to do things?

Heirich: Well, the most dramatic thing has been the movement across the country to stop sweat shops in the Third World that are making goods that they consume – their T-shirts, the Nikes, whatever. And the tremendous pressure — sit-ins and the occupation of the Dean's office right now at Michigan is an example of this occurring. The challenge of Michigamua as insulting to Native Americans…

And now there are students saying "No, no, we can't do that anymore." It's a small symbol, but it reflects the same caring about human dignity. I think this generation also sees the foibles of their parents, and they see that the dreams of their parents had mixed results and they are less confident in their parents' way, or that they could create a society that would be the solution. But many of them seem to be equally convinced that to be a human you have to be involved with all the suffering of the world, that it's part of the earth.

BZ: With good reason they are less confident than their parents.

Heirich: Absolutely. You don't do it now because you're going to win. You do it because it's right. It's right not only in some moral sense beyond you but also right for your inner sense of who you are. Of course it's easier to do that when you are without children, at a point where whatever decisions you make have no necessary consequences for anyone beyond yourself. They may later make the same compromises that other generations made, and they know this, I think.

BZ: There is much more understanding today of the concept of spirituality in daily life. If students in the early '70s were seeking "liberated teachers," there's less of that now. More young people today understand that spiritual growth begins with how one handles one's daily life and one's relationships with everybody around you. There was always that dichotomy in the late '60s and early '70s; there was the global grand vision without people having done their own inner personal work

Heirich: I would say there was a kind of smug morality in the '60s. There were the good guys and the bad guys. And it never occurred to the good guys that they could also be the bad guys. We can't be that simple anymore. In the '70s, I would say people became discontent with that kind of over-simplicity. There were a lot of people who journeyed to other cultures, saying our culture is sick but there is a spiritual base elsewhere, let's find it. They went to India; they went to many places where they thought spirituality had a greater center. And at that time we had a very uncomfortable set of almost like mirror image reactions, where people became so spiritual they had no social responsibility. Which was a funny, how shall I put it, failure to grasp spiritual understanding. That I am part of all that is and that what happens anywhere happens to me. Somehow we became fascinated by the exotic. In the effort to not get caught up in the materialism of the '60s, which that generation of students saw as so deadening to the soul, we had some wonderful discoveries. Certainly I was part of the ball that was moving in those directions.

But at the time I was very troubled by, what shall we call it? I guess the put-down of it would be to call it the emergence of the new hip bourgeois. They were forming a counter-culture; they were seeing themselves as having a pure understanding of people. But that understanding did not seem to extend to shared responsibility for what was happening to other people. It became more 'how can I move inward?'

I think every movement of awareness has extremes that can be criticized and one can question it. I have been a mystic all my life, and so I found it very, very easy to become fully involved in the searching of the '70s and I have never left it. Yet I have been troubled by the extent to which profound understandings of other cultures have gotten trivialized.

There are two levels of spiritual reality, both of which I think are profoundly true. One has a very deep ethic, which is what we've been talking about, those movements for social change. And there is also that level of spirit which is beyond good and evil. To enter it is profound and doesn't negate the fact that there is an ethical world of right and wrong as well. This profoundly puzzling interaction between the two, I think, becomes the heart of our spiritual journey. It's been too easy to turn spirituality into a saleable commodity – a stress reduction technique. While spirituality can be profoundly stress reducing, it's not about that.

BZ: What are more examples of spirit as a saleable commodity?

Heirich: Well, the American market has adapted to this search and you see it, for example, in our wonderful book stores and their endless variations of the spiritual search.

BZ: We recently got into the store a Rumi divination set, taking the poetry of the Sufi poet Rumi – great, profound Sufi mystic – and turning it into a sort of divination game, with cards and you pick certain cards this day and have certain lessons which relate to his poetry and the cards that you picked. Infinitely clever…

Heirich: And yet, it almost trivializes it…

BZ: Absolutely, it does.

Heirich: Or we have the right foods, we have incense, we have beautiful thangkas or whatever, that may cost hundreds of dollars. This may be exactly the right use of our resources; often, however, this search for the spiritual comes with no sense of how else we might use our resources to be part of those around us – including those who are in even greater physical suffering right now, than was true say 10 years ago. Certainly as a retired person, I live off the stock market now because of the University – that's how they built up my pension plan. But it is easy to be focused on how the stock market is doing and not on what the international economy is doing to destroy livelihood all over the world right now. For example, simple shifting of money around the world to make greater profits out of the exchange rate destroyed the economy of Asia.

BZ: I want to pick up on that in a second.

Heirich: One of the delightful developments, speaking of the 1960s, is that the generation that was so involved in the free speech movement have it as one of the fond memories of their life. And some of them have done exceedingly well since then. One of Silicon Valley's computer millionaires was part of the free speech events and has donated millions now to set up a permanent web site and is collecting all the materials possible for this. And so I suddenly find that the two books that I wrote on this, *Spiral Conflict* and *The Beginning: Berkeley*, are both now on the Internet, permanently accessible to anyone, although they have been out of print for years. Now the Bancroft Library of Berkeley is gathering all the materials and interviews and what not that I had collected, wanting all of this to be permanently available to people.

BZ: That's very interesting. You can go onto the site and read the books?

Heirich: You can. If you want, I'll look up the site. I don't have it in my head. (The web site addresses are: 1) http://www.fsm-a.org/index.html and 2) http:www.lib.berkeley.edu/BANC/FSM/book.html)

BZ: And the two books were called…

Heirich: One is called the *Spiral Conflict*. It really grew out of my dissertation, looking at how a controversy grows and changes and what it does. And then Columbia Press, which put it out, thought that a more popular version would be a big seller. So they extracted the juicy descriptions of what happened and called it *The Beginning: Berkeley*. It came out too late to swamp the market, but anyway, there are the two books. They have lots of nice pictures in them. I suppose those are on the web too. I haven't actually looked it up.

BZ: When did you come here?

Heirich: I came here in '67. The thing that drew me was the opening of the Residential College. And it was a wonderfully vibrant place, not only intellectually alive but this was the '60s. Students were very much a part of the struggles for equality that were going on and it was really fun to be a part of all that was happening.

BZ: What were you teaching originally when you came here?

Heirich: Sociology, social change, social movements. At one point I got asked to teach a course in sociology of religion. One of my examination areas at Berkeley was in that, which I had chosen more for strategic reasons than because I had done lots of work in the area. Then suddenly the people who had taught the course here were gone and so I was asked to teach it. It became something that I did for over twenty years after that. That course became an opportunity for me to engage with students in trying to understand the different levels of spiritual reality that I have talked about – the reality which has a deep ethical base, and the reality which is at a totally different level – and how that plays out in the experience of different religious communities and cultures.

BZ: What had been your own religious background, if any?

Heirich: I grew up in the Bible Belt of the South. We were southern Presbyterians. My aunt and uncle were southern Baptist missionaries. Other relatives were Methodists. So we were part of mainstream Protestantism. My mother and Jerry Falwell would have been perfect companions in terms of their theology and their religious and political beliefs and so forth. She dedicated me to be a servant of the Lord, and she assumed that I would become either an evangelist or a fundamentalist preacher or a missionary. I thought that was probably in my future too for quite a while. I went to a fundamentalist college when I first finished high school.

BZ: What was that college?

Heirich: It's no longer in existence. It was the College of Emporia.

BZ: It was called the College of Emporia?

Heirich: Emporia. I assumed that it might be good for me to be a philosophy major in college if I became a minister. In that college you had to take the required religion courses and be certified by the religion department as safe for philosophy before they would let you begin to read philosophers and ask the questions that might destroy your faith. I was happily taking the required religion courses, getting ready to do this, but began to ask questions.

BZ: You had to be certified as safe for philosophy?

Heirich: Yes.

BZ: They wanted to know that if you were going to be exposed to these ideas you'd…

Heirich: You'd still be a fundamentalist Christian.

BZ: Were you safe for philosophy?

Heirich: Well, they thought so at first because I knew their formulas perfectly and I got 100 on all their exams and all that. But the particular teacher that I had was a very arrogant man, and the theology he was teaching us was quite complex. I knew it backwards and forwards because of my mother's teaching but many people were having trouble with it, and he loved to make fun of them if they didn't understand something. I thought, "well that's not Christian." So I thought, well, I think I'll take him down a peg, which was not very Christian either. So I would restate their questions in a way he'd have to deal with, just sort of making it clear that he wasn't proceeding properly. And he became very annoyed with me and eventually we got into a great struggle in which he was troubled that he was going to have to give me an A in the course and clearly I didn't have the right attitude. At one point he encouraged me to go to a religious conference and then he scheduled an unannounced mid-term that day, which he wouldn't let me make up. I thought, okay, this is war buddy.

And so I started asking him more difficult questions. I think in any belief system you know instinctively what are the assumptions that you cannot question, and I began to push toward those things. It became a fascinating class because I would just keep at it and I knew the theology well enough that I could really engage him rather than just ask naïve questions. For a while I was very, very proud of myself because he was kind of hanging from a rope and he just couldn't answer the stuff.

And then suddenly it occurred to me one day that I didn't know the answers either. My whole surety of a belief system just crumbled, and I knew that I had to leave the college and that I was in a crisis. It was an interesting spiritual crisis. It was a crisis of belief, but it was not a crisis of experience. I could not doubt the reality that I had been responding to, although the way I understood it no longer made sense.

BZ: I don't understand that. You could not…

Heirich: I had had profound mystical experiences as a fundamentalist. I might not label them in the same way anymore, but I couldn't doubt the spiritual reality that I was in touch with, that was all-important to me. I didn't understand it, I couldn't talk about it in the language I had used before, but I couldn't doubt that it existed and that it was real.

BZ: It was the belief system that was attempting to classify and label it that you had the crisis with respect to.

Heirich: That's right. At that point I could no longer say I know that the Bible is the inerrant word of God and that everything in it is - all the beliefs of my childhood. I knew that I was on a very interesting spiritual journey. I didn't know where it was going but that it was real and that I could no longer be trapped in only one way of understanding.

That's been a very exciting discovery for the rest of my life because I've found that if I don't worry about whether I agree with the beliefs as formulated by groups, I can very often – no matter what their religious tradition is – join them in the spirit of encounter that they're having and respond as a fellow-encounterer, as long as they don't start quizzing me too closely on whether I agree with them on this and that or the other sacred belief that they have.

BZ: Were you at that point just an undergraduate, 19 or 20 years old?

Heirich: I was 19 or something like that. The one thing I was very clear about was that I took Jesus seriously even though I didn't know quite what I believed *about* him. It seemed very clear to me that Jesus taught that we should not kill and that I could not be part of our military system if that was so. This was just as the Korean War was starting. And so in efforts to come to terms with that, I gradually met Quakers, found that their lack of a forced creed spoke to my condition at that point very well. And their clarity about living the kind of life that takes away the occasion for war made sense to me.

After college I eventually went to work for the American Friends Service Committee, the Quaker service group that employed me when I was in the South, and I began to find my own way through the search. Part of what had drawn me so much to the New Left in the 1960's was their eagerness to, in a sense, open their souls. They thought they knew the Right, and it often struck me even at the time as too simple. But the joy with which they sensed that they were part of all that was, and that they had to take responsibility for that, drew me deeply.

After I came to Michigan and was teaching the sociology of religion course, I started being taken aside by Catholic nuns and others to tell me about remarkable things that were happening in the Catholic Church. This is when the charismatic renewal, as it was called, was occurring. I found it fascinating and began to study it, and I found it interesting in the same way that I was finding other religious groups that I might not personally agree with or the New Left or whatever. I wanted to understand how people came to understand what their spiritual options were, what the deepest reality was about, and how you pursued it. And so I began to do professional work in the sociology of religion.

BZ: You were talking before about worldly spirituality and ethics on the one hand and then spirituality beyond good and evil. I've always understood the kind of Quaker take on the world, or at least I had a sense of that. Did Quaker spirituality also address spirituality beyond good and evil, the more transcendent spirituality?

Heirich: Yes. A lot of people, including myself, get drawn to Quakers because of their ethics, their sense that you keep your beliefs very simple and then you act on them…their belief that God is in every person and therefore we are all fundamentally equal and that one must be part of making that a reality. That all fits what we've been talking about. But I would say in one sense those are derivatives rather than the heart of Quakerism. The heart of it is the experience of the presence of God and it is being open to what I thought originally was a figure of speech and gradually discovered through time was not – the inner light. That is, that whatever is the divine truth illuminates if you get simple and quiet enough to let it happen and then, what it illuminates and clarifies, you act on. At least that's what I have responded to in the Quakers. They are not a proselytizing group. It took me sixteen years to join them. Finally I said, "This is ridiculous; I am one!"

I was talking about my own journey. Because of where I came from I could be intrigued by each group's struggle to find the truth, whether or not I thought it was one that would draw me. And I was realizing, well, in a sense this is the same question that I was looking at when I was looking at political movements – how do people come to understand what matters most, what it's about? How does this change, under what circumstances? How do you do this? It was all, you know, sort of a path of academia that was understandable and follow-able. And then I got very, very ill and it was one of the most important experiences in my life.

Heirich: Many of the things that the young people in the '60s struggled against now are unquestioned reality.
BZ: Give me an example of that.
Heirich: The dominance of the wealthy.

BZ: You were at that point teaching at the Residential College?

Heirich: I was teaching at the Residential College. I was teaching sociology. I was being one of the comers in academia. I was on Presidential commissions and I was publishing and doing all these various things.

BZ: And this is now 1972 or 1973?

Heirich: This is 1970 actually, 1970. I had just gotten tenure at the University, so they were stuck with me and I had to have a reason to leave now rather than assume that I would soon be on my way (laughs). And then I got very ill. I had a very perplexing illness that lasted a year, which we now understand but did not in 1970. I had the symptoms of almost every disease in the book but when they would run various lab tests I wouldn't have it. Eventually they discovered that I had cytomegalic inclusion disease, the cytomegalovirus which we now know because it's such a problem for people with AIDS. My immune system had stopped and the virus had taken over. It was making cells grow large in many different parts of my body and throwing off whatever that system would do. I stopped teaching when it reached my brain, fortunately (laughs). And at that point my physician said, "Well, you've almost surely got a brain tumor." And at that point in time, in 1970, that meant this was goodbye. They said, "Don't make any decisions…"

BZ: It often still means that today.

Heirich: Well, it often does, yes. And so I assumed that I was on my way out, and I found it very fascinating.

BZ: You were 38 at the time or so?

Heirich: I was 38, going on 39. I had been the kind of person who would wake up with nightmares in which I was dying and terrified and so forth; now suddenly I found I was not frightened at all. I was just very curious. I couldn't take seriously the notion that this would be the end of life. I mean, I could take seriously the fact that I was dying, I thought, but there was an experience of a spiritual core that just didn't make sense to stop just because the body stopped. And, as you know, I no longer had a belief system that would say, well I'm going to heaven or whatever. I didn't know what. But I just thought, this is going to be a very interesting transition. I am very curious to see what's next.

BZ: Did you at that point have a family and small children?

Heirich: Yeah and I was going through all the struggle about now how will they survive and how will we make sure that they're all right and all that. But for myself, I was totally unafraid. The one thing that worried me was that some fundamentalist part of me might come out on my deathbed and I would be terrified I was going to hell for not having the right beliefs. But I wasn't experiencing it and it was just very reassuring. All that fear of dying was just gone forever and ever since. Eventually they discovered it was a virus in my body. They had no treatment for it, so they simply wrote journal articles and watched it (laughs). They thought that only newborn infants could have this particular problem. They now know differently. I am not the only adult they've discovered this in. But in some ways it was like being born again – well, in the more profound sense maybe even than the fundamentalist would use the word – because I was stopped flat in my tracks for a year. I could not do any of the things that I had been socialized to believe were important.

I had a chance to experience life at a totally different level, one moment at a time – to be with my children when they were ready to see me rather than when I was ready to see them, to be with people. If students wanted to come see me – some of them did – instead of having 15 minutes to talk with them, they could stay all afternoon if they wanted. I was in a different level of experience. Gradually I began to get a little better, and it was clear that I was not dying.

When I was more or less functioning again, I seemed to have permanent damage to my metabolic system. Occasionally my system would get out of whack and then I would have to eat every hour and a half or whatever. I remember calling my physician at one point: I had gotten very emotional reading minutes of a meeting that didn't matter and I was ready to resign from the University. I thought, this is nuts; I think I'm cracking up. So I called him and I said I think I'm cracking and he said, oh no, this is a classic metabolic response. The only difference between you and other people is that you're watching that and not going out and making a public fool of yourself.

BZ: You had to really observe a very strict regimen in order to kind of keep the machine functioning.

Heirich: For example, I would be in a dissertation meeting and my time period for food would have run out. Suddenly English would sound like a foreign language that I had met but I couldn't follow any longer. And then when the protein came back in again I could function.

At one point I was in the clinic here, (it's a very fine clinic) and my physician, who had been giving me good advice about diet and exercise and inputs that are important, took me aside and said, "I have one other suggestion. I hesitate to make this to most people, but I think you'd understand." He said, "Have you thought of trying meditation?" We were interrupted and the conversation ended, and I didn't get a chance to ask him what he had in mind. I later learned he had been reading the literature about transcendental meditation and its effects on metabolism, but he didn't tell me that. I thought, well, of course that makes sense. I'm a Quaker, I should meditate. But how will I get through the day if I add one more thing to my schedule? He's got me exercising and I've got to meditate…

BZ: Eat regularly and…

Heirich: and I've got all these duties at the University and I've got a family, and how could I possibly…And then I thought, aha! I will kill two birds with one stone. I will meditate through exercise. So I went down to the Y and I signed up for a Hatha yoga class, and within two or three weeks I was noticing a change in my metabolism, I was eating every three hours instead of every hour and a half, I had much more energy, and I was feeling fine. I triumphantly came back in for my check-up, told him what I was doing, and he looked quite perplexed. He said, "Well that wasn't what I had in mind at all but it's obviously working, so keep it up." And so I did. It was summer vacation so I could do as much yoga as I wanted. I did a lot of Hatha yoga. I found a person to work with as a yoga partner who was very experienced, and she began to teach me how to align the planes in my body so that energy began to move through it in a totally different way. I guess that started in May.

And in August my wife and kids went off to visit relatives and I thought, "Oh great, I've got the whole evening here. I'm just going to do a couple hours of yoga." So I did. As I was lying down at the end of that session in the corpse pose suddenly I began to have very, very strange sensations. They were just overwhelming. Finally I picked up the phone, and called a friend who had taken yoga longer than I, and I said, "Zelda, what do you do if you've been doing yoga and you're in the corpse meditation pose and you feel like you've got another eye popping out of your forehead?" I had read nothing of the literature and was unfamiliar with this idea. She sounded awed and said, "You call your teacher at once." And so I called my teacher, who said "You're not ready for that. Put your attention at your heart center." And she hung up.

Teachers had talked about centers in the body and so forth, and I had thought of it as interesting figures of speech. Suddenly I was experiencing something that was very graphic and real, and I thought, "Well, gee, maybe this is dangerous. Well, where's my heart center?" I tried to find it and I would concentrate in that area. And then I would find that this eye was just popping out again and I'd try to put my attention back down. After struggling for a while I thought, "Oh to hell with it," and just went with what was happening. Beautiful, beautiful experiences were occurring, very hard to describe – like sound and color, but they're not, that you're experiencing. And then I found that I wanted to compose music, which was very startling to me. I had been a composer in college, but I hadn't done it for, I guess, 20 years almost. So I got up and I went into our living room, over to the piano, and sat down, and out came a piece that I had been working on almost 20 years before when I had stopped composing. I was very awed and I continued with it. It was an amazing experience. Then I discovered that something had happened in my brain thereafter and that I was not the same.

I could do nothing linear for almost a year. But I was having psychic experiences that I had not had before. There was the music, there was just a whole other level of being that I was experiencing that I was very awed by, very frightened by, wondering if I was cracking up or if this was real. I gradually discovered that it seemed to be quite real and there was enough confirmation of the things that were happening that they really were real. It was interesting, I was teaching two courses in the fall. For one I had my notes from before, but the other was a new course. Night and day differences. I had been noted for clarity, linear organization, deep analysis, and that went just fine with the course for which I had my notes. The other course went very differently. Students for years afterward would stop me on the street to talk about what that course was like. And they'd say, "We wouldn't miss it for anything in the world. There was absolutely no order to it, but it was like skyrockets going off."

At the time I thought, "Well, now I've got tenure, but am I going to have to leave the University? I don't seem to be able to do the normal intellectual work." I very carefully read nothing about the experiences I was having. Some people were saying to me, "Oh yes, this is very yogic. You should be reading this Hindu book or that or the other." And I'd think, "Absolutely not. I want to experience this for myself, and I'm not going to read anything about it until I'm quite clear that I know what's happening to me." I didn't want to talk myself into an experience that somebody else believed in that might not be authentically my own.

> Over a period of several weeks, I had an experience I could never have expected. I had moved alone into a house where parts of the cremated ashes of a deceased guru were being kept. These were the ashes of Neem Karoli, who had been Ram Das' teacher. Now, I had not been a guru hunter or seeker, and could not imagine that the ashes of a guru might still contain his energy. Nonetheless, there was a beautiful sweetness in this house that had drawn me there. After I moved in, I found that I seemed to be having encounters with a powerful, quite overwhelming presence and that I was almost completely at its mercy.

I had a sabbatical coming up the next year, and so I thought, "Well, I've got to just take the whole year, go with this whatever this is, and where is it taking me. I may have to resign from the University when I come back, but I've just got to find out what this is about." So I wrote a study plan for my sabbatical year which was so vague that I figured I could claim that's what I had in mind no matter what I did (both laugh) and planned to do the sabbatical. Meanwhile I was doing my yoga and I said to my wife, "Well, I've got a sabbatical and you don't, so the summer is yours. Where do you want to be?". And she said, "I want to be in California." And I said, "Fine." I arranged to be a visiting scholar at Stanford.

B.K.S. Iyengar was visiting Ann Arbor and I was taking classes with him, making notes – taking half of the classes and making notes, realizing that to write down what he was saying would be as useful as to take a class. My teachers noticed what I was doing and knew I was going out to California. They asked me when I got out to California to look up a particular yoga teacher out there and share my notes. I said, "Of course." So I met her and she was delighted to hear about Iyengar in Ann Arbor; she had met him.

BZ: Ann Arbor was the launching point?

Heirich: Yes. Mary Palmer, who became the head of the yoga program at the Y here, had gone to India during her husband's sabbatical and studied with Iyengar and brought him over to this country.

BZ: Excellent.

Heirich: Anyway, when I got out to the Bay Area, I ended up, of all things, *teaching* a yoga seminar (I had done yoga for a whole year at the time and I thought that was ridiculous)...I didn't even have to refer to my notes because Iyengar's method was so helpful that I was teaching people how to stand, sit, and move, and they were things that they were finding very helpful because I wasn't yelling at them, telling them they knew nothing, and so they could use it.

At the end of that session we did Shivasana, the corpse. My teachers had always rearranged our limbs in a way to let go of all tension, so I was doing that with them. It apparently was something they had not met, and so they all wanted to try it so that they could do it with their students. I lay down on the floor and they were arranging me.

One man came up who obviously knew so much more about the body than I did, judging from the way he handled me and moved me. I said, "Are you a chiropractor?" and he said, "No, I'm a polarity therapist." I said, "What is that?" and he very wisely didn't quite answer. I think if he had started to explain it to me I would have thought "Ah yes, California." But he said, "It's really much easier to show you than to tell you. It's a healing method that comes from India." He added, "I'm not busy tonight. If you've got time, here's my address. Come by." I was curious and I went. I was doing much better, but I was still having trouble with the cytomegalic leftovers. For example, I went to an ice cream social, in California, and I couldn't resist eating a dish of ice cream. I literally went into a coma and fell asleep on the floor. I was better, but I was not well. I went into the polarity therapist's house. It was a house where you obviously left shoes at the door, so I took off my shoes. He had pillows on the floor, so I sat down on the floor. As we were talking he picked up my foot, which seemed a little odd, but so what? (both laugh)

BZ: You were in California and you were now a yoga teacher, so if he was going to pick up your foot…

Heirich: Right. You know, if he wants to play with my foot, why it's his business (laughs). He's sort of pressing on my foot and I winced for a moment. He said, "Oh, you have something wrong with your liver" and I said, "Yes." After a while he picked up the other foot and I winced again, and he said, "You have something wrong with your pancreas." I said "Yes," and explained to him my problem. He said, "Oh, that's quite curable." I thought, "Sure. I've been to one of the best clinics in the world and they're telling me I'll live with this the rest of my life, and he says it's curable. Interesting." He started touching my feet in different spots on each side. I have protruded blood vessels here in the palm of my hand that have been there since birth, and they used to be quite large and very tender. As he was handling my feet, suddenly that began to sink into my hand and it became not tender, and I was very startled. I showed him what was happening and he laughed with delight and he said, "No wonder you had that disease with your liver and pancreas. You've got a natural break in your energy line there." Well, none of this made any sense to me, but it was intriguing.

He said, "I think you need to learn more about this." And of course that made sense to me. He said, "I'm doing a weekend workshop this weekend. Come and be my guest." Well, I couldn't resist that, so I went. But I went prepared, as I always did, with my protein inputs and what I was supposed to eat every so often. I was sitting there, following with some interest what he was doing, when suddenly I got very hungry, so I reached into my little sack and took out a sandwich. I was about to eat it when he stopped me. He said, "Wait a minute. Are you willing to be a demonstration?" I said, "Well, I suppose. I think so." (laughs). I figured he was giving me a free workshop. And he said, "Well, just don't eat anything yet." He said, "Let me work on you and then if you're still hungry, why, go ahead." He explained to people what my condition was, and said, "Now, I'll show you what we do." He began touching me in ways that I would now say had energy moving through my body, and then he put his hands on either side over my liver and at the back. I let out a yelp of pain. It felt almost like a lightning bolt from a power source or something had come through, and it just really hurt.

He said, "Oh good, we've found the source of the problem. Now just try to let go and try to relax." It just hurt like hell for a little while. Then suddenly a great warmth spread through me and I could feel chemical changes occurring in the body and I felt great, and I wasn't hungry. In fact, I went the next five hours without eating, and I was just blown away. At the end of the day I thanked him. He said, "Oh, you're welcome. You're not cured, but we started something. If you're serious, we'll need to do some work and you'll need to do a purifying diet." Well, I had no idea what that meant, but I thought, "Yeah, I'm going to try this." I did some work with him and the purifying diet. Two weeks later I was back in Ann Arbor eating three meals a day instead of every two hours, eating anything I wanted. I had more energy than I remembered for years. I went back to my clinic here, checked in and said, "I think I need a complete battery of tests." They were used to this when something went wrong, so they did it. Then my doctor called and said, "Well, now you test normal in every respect. Do you have any idea what happened?" I felt very awkward.

BZ: Did you tell him?

Heirich: I said, "I don't think I can tell you what happened, but I can tell you how and when it happened." He said, "Well tell me anything you can." I said, "I met someone who claimed to be using healing methods from India and I let him try them." My doctor said, "Oh, that's very interesting. I spent some time in India. Can you tell me more about it?". Well, I felt even sillier and tried to describe it. Searching for words I said, "Well, it was sort of like acupuncture except that no needles were used." He said, "Oh, that's very interesting. I hope you'll find out more about it and let me know." Suddenly I knew what I was going to do with my sabbatical, and I said, "Well, yes."

I called the man who had worked on me and said, "Can I come out and study with you?". I tried to read some books that he suggested but they didn't make sense to me. I just wanted to understand what it was about, so I went out to be his apprentice. At any rate, I discovered to my great surprise that I could be a healer also. The social movement person in me got very excited because one of the things that I had been concerned about was the growing cost of medical care and how dependent people were on physicians and what was happening to the poor. I thought, "This is so simple. Anybody can learn this. If I can learn this, other people can learn it. And maybe we've got a way to begin to make a different in-road on the health needs of the population." So I got very excited.

I studied Polarity, and then I began to study acupuncture and anything that I could find that seemed to be related. And I realized, "You know, this is not going to produce any publications when I come back from my sabbatical. How am I going to make the University happy that I did this?" I thought, "Well, now wait a minute. You're either supposed to have publications or you're supposed to have been preparing a new course. All right. I will do a course comparing western and non-western medicine." So I started contacting persons in various medical schools who were exploring some of this and put together the first version of a course that I've taught ever since called western and non-western medicine. I came back and proposed this, to the horror of the University – that I was a sociologist doing this stuff and isn't all this stuff crazy anyway? The Residential College, however, said, "Fine, do it." The literary college curriculum committee said, "Well, since he's been spending a year studying this, we will allow it to be taught one time, but it must be evaluated by people from the Medical School, from the School of Public Health, and Southeast Asia specialists to make sure that it is appropriately scholarly…

BZ: So that's when you started teaching that course?

Heirich: Uh-huh.

BZ: And they had who evaluating it? You started to say, I think I interrupted you.

Heirich: From the School of Public Health, from Southeast Asian studies. I had an assistant professor of the Medical School who was interested in this area. I asked the former dean of the Public Health School, who had been to China, to come lecture and give his slides about China and Chinese medicine. And I'd had an Indian scholar talk about India stuff. So they were all invited to evaluate the course, and they thought it was wonderful. A glowing report came back to LS&A, and then nobody could say I couldn't do it again. It became a permanent part of the curriculum. And really redefined who I was.

> …Yoga had been a route to open up a whole new dimension in my life; and as I became more and more focused on yoga, healing and energy, I found that the spiritual side of my life opened up and took off in all kinds of ways.

BZ: And I think the students really were probably very happy to be taking that class.

Heirich: Absolutely.

BZ: And by 1973 or 1974…

Heirich: I first taught it in '75.

BZ: Okay, '75. It was kind of ripe for…

Heirich: It was ripe. It was the time when these other things were cresting, and it was hot stuff and it spread from group to group. After awhile one of the people who taught anatomy and physiology to pre-med students began to say, "Well, now you've learned the Western understanding of the body. You should go take Western/Non-Western medicine and discover how else health and disease are understood in the world." So I began to get a lot of pre-med students as well as new age types, which made for a wonderful mix and exchange and understanding. I grew a lot as I did this. I've done that course most years since 1975.

BZ: That also strikes me as perhaps the first seeds of medical students at the University coming and taking classes and being exposed to Eastern methods of healing and alternative methods of healing. And when you look at that sociologically now, in terms of where young doctors are compared to where they were, I would like you to talk about that.

Heirich: Sure, I will. It's a generation later and a dramatic difference has occurred. At first, because I was a sociologist, I thought, "This is out front. This will create a network point for people who are exploring holistic health. They'll know it's here. I will meet them. We can gradually find support for one another." And that began to happen. Some of my sociology partners at first were very embarrassed that I was doing this. Many thought it was utter nonsense.

BZ: They were embarrassed that you were doing it?

Heirich: What did I know about medicine? Here I was obviously advocating the latest crazy stuff and it could be embarrassing to the department. Why had they given me tenure? (laughs) It's obviously not what they had in mind. So it was not to their liking. I would offer to teach the sociology of health or medicine, and my department chair would just change the subject. Until later. But interestingly enough, one of the people that I had co-taught with in the early days of the Residential College was a psychologist…

BZ: Named? Who was that?

Heirich: Don Brown. He became the co-director of the Inteflex program in the Medical School.

BZ: I see.

Heirich: Inteflex was needing to revamp a course they did, called Introduction to Patient Care. Don knew that I had become interested in health care. He didn't know much about what I was doing. He just knew I was interested and he had liked the way I taught. He said, "Would you like to propose a course to the medical school?" I said, "Boy, would I ever!" I suggested that we revamp this course to make it comparative. What are the understandings of health in different cultures? And since we were sending people out in the field to be working under primary care doctors, could we send them out as field workers – to see what it is that people do and why they do it and to ask questions about why do they do it that way rather than some other way.

BZ: Back up for just a second. I missed something there. Since they were sending primary doctors…

Heirich: We were sending pre-med students to work with primary care doctors, hoping that more of them would go into primary medicine. And so I said, "Well why not prepare them more anthropologically, to ask why the various things that are being done are being done, what the understandings of health and disease are, and why it's done this way.

BZ: To have the pre-med students go out…

Heirich: In other words, we would in a sense – if you want to say it – brainwash them before they went. To ask them questions about what's really going on.

BZ: More than just let me imitate what I'm seeing here, to ask questions of the doctors and try to understand why they did what they did and what they thought created healing?

Heirich: Don Brown said, "That would be interesting, yes." I thought, "Well, it'll only happen one year. They're not going to invite me back if there's the controversy that there is everywhere else. But this'll be worth it." So in 1977 maybe, 1976 or 1977, shortly after I'd started doing this, I went over and I did this course. I team taught with doctors. I was *sure* this would be a one-time course when a medical student came in – not a pre-med, but a medical student – came up very excited at the end of one of my lectures and said, "It's wonderful to hear such blasphemy in these halls." (both laugh)

And I thought, "Yeah, well that's healthy. But anyway, it's fun." It turned out I was working with a wonderful set of doctors who were intrigued by what I was doing rather than threatened by it. Which is fine - what threat was I to the medical system? They invited me back. So I co-taught that course every year for 20 years. Gradually I adapted to them and they adapted to me. I became the primary lecturer for this thing that they did every year.

BZ: So, for 20 years, from that point on, medical students at the University of Michigan were taking your course on western and non-western?

Heirich: A lot of them who took the course called Introduction to Patient Care…

BZ: That's what you were teaching at the medical school?

Heirich: …Some would then take my western/non-western medicine class.

BZ: Which was over at the Residential College?

Heirich: Right.

BZ: I see.

Heirich: To give you an example of the difference of mind set, I remember early on – it must've been 1976, I think – I tore the ligament in my knee around 90% of the way through. I was teaching the Western/Non-Western medical course at the time and had a Japanese acupuncturist who was co-teaching, Miki Shima.

My dual appointment at the University was a great advantage in that anybody could take my course. For example, if a graduate student wanted to take it, they could simply sign up for independent study in sociology or whatever. Anyway, there was a graduate student in the biological sciences who was getting ready to go to medical school, who was in this course at the time that I tore my knee. Miki Shima said, "Oh, this would be a wonderful demonstration. Let's treat it with acupuncture." I said, "Sure." And he said, "Now in two weeks you'll be walking without crutches even though the ligament was torn 90% of the way through." Every day he did acupuncture and moxibustion, while students watched with great interest. About a day or so before the two weeks was up I was swinging along on my crutches on the street. I didn't check the wing nut and it came off. My crutch came apart and pitched me onto my knee on the sidewalk, and it tore open again. Shima said, "Okay, another week." Students watched and indeed by the third week, I was walking. People were comparing this with their own experiences of torn ligaments, and everybody was very impressed. Then the graduate student spoke up, "This proves nothing." He said, "You could be a fast healer. Let's tear the other knee and see how long it takes to heal itself." (both laugh) And I realized, "Ah, the scientific mind. No thank you."

BZ: But it brings up an interesting point, which is that healing occurs naturally in many cases regardless.

Heirich: Yes, and at what speed depends on many things. At any rate, here I was suddenly in a sense reoriented between these courses to being very much focused on health care. I had a dream in those days that I could recruit the new social movement of people who would go out and be healers. I was teaching in adult education and what not and thinking, "You don't have to have money to do this. This is how we're going to get health care to the poor." Of course it was easy for me to say, who had a guaranteed income as a professor. I could go out and never charge for what I was doing. But the students that I taught now wanted to do it as a livelihood and so person after person either got an MD or chiropractic or osteopathic license or became an alternative healer charging fees that would keep them comfortable and made them quite inaccessible to poor people.

It made me very sad because I saw the holistic health movement, which I thought had such potential for reorienting health care, becoming the luxury of the upper middle class. I would try to be the conscience of the holistic movement, which was growing, and people would be annoyed that I was bringing up these issues. These were not their topics. They say, "How am I going to survive and how am I going to have a comfortable lifestyle?" And they would say things like "Well, everybody needs to take responsibility for themselves and that means including responsibility for paying for this," and I thought, "That's fine to say if you have a privileged background, where you have the choices. If you don't, it doesn't work that way."

I kept trying to move the Michigan holistic health groups toward greater involvement in this, particularly when we had down-sizing in the economy and people were losing their health insurance and so forth. I would say, "What are we going to do now to make services available?"

BZ: You were involved with a statewide holistic health association?

Heirich: A group of us started out having meetings, which Jonathan Ellis sponsored at Canterbury House, which became the first gatherings in Ann Arbor of people interested.

BZ: That was then called the Holistic Health Council at the time?

Heirich: No, it was just Canterbury's Theories on Health or something like that. And then a man in Kalamazoo decided it would be good to have a statewide organization and began working with us and other people. He shared some of my social concerns. So, I got to head a committee and try to deal with this stuff.

BZ: The statistics about Americans using alternative medicine at this point are astounding.

Heirich: Yes they are.

BZ: You talked about how when you came back from California your doctor asked you what you had done. And a number of studies show that people are very reluctant to really talk to their allopathic physicians about…

Heirich: I was very embarrassed, I must say. But I found that he was quite open.

BZ: And he had a greater listening for you as a professor and as a sociologist. Patients are often scared or intimidated to talk to their allopathic physicians about their belief in complementary medicine or what they're trying. That may be changing slowly. It appears that as the younger generation of doctors are letting themselves be exposed to alternative modalities, more patients are willing to talk about it with their physicians.

Heirich: Now that I'm more part of the medical world, I find that physicians are being reminded that people are using other modalities and that they should, in fact, encourage them to talk about it so that what they're doing with herbs and other things do not work in an antagonistic way with the medicines that their doctors are prescribing.

BZ: Yes.

Heirich: I realized as I was telling you about my life journey that I had left out a rather significant piece. I talked *with* you about how yoga had been a route to open up a whole new dimension in my life; and I'm not sure whether I said that as I became more and more focused on yoga, healing and energy, I found that the spiritual side of my life opened up and took off in all kinds of ways.

BZ: Did that occur during the time in your life when you got introduced to polarity and yoga, in the early 1970's?

Heirich: It began then and continued, with increasing intensity. About six years into that venture, one day a very clear voice in my head said, "You're about to walk through another door as basic as the last one you walked through earlier." I immediately thought of the opening of the third eye and all that had followed. It continued, "You're not ready and you've got a year to get ready. You're going to have to come to yourself in a totally different way and deal with the relationships of your life in a new way.

BZ: And we're now talking about the mid-to-late 1970s, yes?

Heirich: This would have been 1979 probably. Like a fool, I thought, "Oh goody." (both laugh)

BZ: Be careful what you ask for.

Heirich: Yes. That's right. And indeed that year was a very important but very painful learning period, when I came to work out a different relationship with family, with a wife, with many aspects of my life.

BZ: You had been married up until that time?

Heirich: I had been married for 22, 23 years. By Christmas time of 1979 we had both come to the understanding that we should live separately, and I moved into a place by myself to be near my kids. I think it must've been probably February or March of 1979 when that message had come to me. And now I knew more about what it meant. Almost exactly a year later after hearing that "voice" I found when I was meditating I was having a totally different experience than I'd had before – quite overwhelming. I don't need to go into all the details, but I experienced myself as light and gradually, as I paid attention, discovered that the light was coming from my chakras.

BZ: Had your meditation practice changed in that year?

Heirich: No. One morning this voice spoke to me again and said, "Cancel your appointments, there's something more important you have to learn." So I did, and this began. It was quite powerful. It felt like some kind of purifying process. As the light would go through the chakras, it was almost like the way you see light going through a turning, cut-glass crystal. As the energy went through, it felt like it was transforming my very being. It became very powerful, very gripping. It involved more than the chakras that I had been previously aware of in my body. The inner voice continued its instruction: "Don't get too excited. This is a means to something more important." That meditation session ended with what felt like a thousand-petal lotus opening at the top of my head.

I thought that would be a once-in-a-lifetime experience, then discovered that once you had experienced this tuning of the chakras it could be done almost at will. I did a lot of meditating in this way over the next several weeks.

Then, a little later, over a period of several weeks, I had an experience I could never have expected. I had moved alone into a house where parts of the cremated ashes of a deceased guru were being kept. These were the ashes of Neem Karoli, who had been Ram Das' teacher. Now, I had not been a guru hunter or seeker, and could not imagine that the ashes of a guru might still contain his energy. Nonetheless, there was a beautiful sweetness in this house that had drawn me there. After I moved in, I found that I seemed to be having encounters with a powerful, quite overwhelming presence and that I was almost completely at its mercy. I experienced it as being far stronger than I. Some rather frightening things happened, at first. I was quite shocked and fascinated, and struggled with this for a while.

> Ford Motor Company then came and asked if we would set up a wellness program for all of their plants. So we set up the program for 80 plants at Ford…Our work was now being cited by NIH as the outstanding work of its kind…Suddenly I was Mr. Respectable after all these years of being Mr. Hippie — because I was teaching in the Medical School and directing the Worker Health program…So I was sort of back in the old hopper. Now I was being an advisor nationally, trying to be amused by this rather than getting all caught up in it.

Then I found that my meditation became much, much deeper, as though someone had given me a route of help. I asked myself it he'd become my guru. I had no idea. It wasn't clear whether he had or had not, but clearly something profound had happened. For months thereafter, I found that many, many days I would wake up and all day I would be in an attitude of prayer because of what was happening. When that happened, my encounters with everyone else were very, very different. When I was teaching my office hours would be absolutely crowded, but none of the students wanted to talk about their class work. They wanted to talk about what was going on in their life. People on the street would come up to share deep things with me.

It was clear that some transition had occurred which was very important. Then six years later I heard the voice again, saying "You've got another door to walk through, you're going to meet a teacher, and have to get ready." That time I thought "Okay," but didn't quite say "Oh goody" (laughs). I knew the work was going to be difficult.

BZ: What strikes me in that story is, as you tell it, how little you willed that experience.

Heirich: Exactly. It was almost as if it were beyond my deciding about. I didn't resist it, other than at first when I met what seemed to be Neem Karoli's presence. That was difficult for me, but I certainly welcomed what seemed to be the help with my spiritual journey that occurred. Later, an Indian of considerable spiritual experience said two things to me. The first thing was "Never trust anyone more than 80%," which is not a bad percentage. In other words, always keep your own judgment. And the second thing that was said, which was really in relation to this, was "A real guru will not keep you. They are there to help you with your journey and then they will send you on your way." So I thought about that a lot.

BZ: This was a very interesting story you just told.

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Let's now go back to what we had been talking about before we veered off to talk about your spiritual experiences in the late 70's – the slow but steady burgeoning of alternative health practitioners, of receptivity to it in the Medical School but also in the society at large, because you do have a sociological background and in a certain sense you have a unique vantage point on that.

Heirich: For watching it, yes.

BZ: For watching it.

Heirich: I was intrigued, for example, to discover that therapeutic touch was being taught to our nurses several years ago. It was not publicized, but people who discovered that it could be helpful were doing it. Interest in holistic health spread and I found that a number of doctors have become much more open after they discovered that their children were using it and said, "Dad, don't write this off too soon. Try this, try that."

BZ: They had a listening for their kids that they might not have had for anybody else.

Heirich: Right. What had been avant-garde in the late '70s, the stylish thing to do if you were an explorer and College person, began to be tried by the children of very elite people, including doctors. And it became something that the medical world began to take more seriously. Of course there were also all these people that I and others who were teaching about holistic health were then sending on to medical school, who were gradually infiltrating the system as well.

And then there were some efforts to bring this to national attention. I remember, I think it was 1984, we formed the National Coalition of Holistic Health Organizations, trying to draw together all the groups around the country. We were finding that holistic health organizations lasted about three years and then tended to fade. It was part of that whole ethic of the time – don't get caught in bureaucratic structures; if it doesn't feel right let it go. And so we were trying to form this new national organization to keep coordination going. I guess our main accomplishment at the time was to defeat an effort by the FDA to take over control of herbs. We coordinated a venture with *Prevention* magazine and got a groundswell of popular letter writing to congressmen and stopped it. But our organization only lasted a few years (laughs) and inevitably it too fell apart.

BZ: I would like to come back to you again.

Heirich: Once I was clearly teaching a valued course in the medical school, I went from being an embarrassment to the University to, "Oh, well maybe he does know what he's doing after all." So gradually my reputation began to be rehabilitated. A few years later I was approached by a former student of mine who was working in the Institute of Labor and Industrial Relations, an organization that the University was reviewing and threatening to close down. The Institute had a worker health program, which was working on prevention – not on alternative health, but on prevention. Things like high blood pressure. I joined a coalition that helped the Institute keep going. One of the recommendations that came out of the Institute review was that it needed more people with regular appointments from the University to be part of that Institute. I was immediately invited to join the worker health program. I thought, "Well, of course. What a wonderful chance."

General Motors and the United Auto Workers made an agreement in the early 1980s to explore the possibilities of wellness, as it was called, reducing health care costs through prevention. The health and safety director at General Motors became aware in the late '70s that health costs were increasing at twice the rate of inflation, and saw no end in sight to this. He said, "We've got to move in at an earlier stage and keep people well." The GM executive looked at the worksite wellness programs then available, and concluded, "These are not going to work with our workers," which I think was absolutely right. My former student and her partner, who were directing the worker health program, had helped to do some blood pressure programs for the various auto industries. He came to them and said "We want to do worksite wellness programs. If we gave you four auto plants to work in, would you try experiments to see what can work?" They said, "Oh, absolutely." Then she called me and she said, "Do you know what wellness is?"..When I explained, she said, "Well, would you like to join us?" and I said, "Absolutely."

BZ: She being?

Heirich: This was Andrea Foote. She was a distinguished research scientist at the University who was then doing prevention work which was really focused around how do you get people to take their doctor's advice and to see the doctor to get their blood pressure medicated and that sort of thing. I did a quick introduction to them to what wellness was all about. She and Jack Erfurt, who were partners in this, had developed a very wonderful innovation in how health care is delivered. They weren't changing the content of health care, but they were realizing that health care is reactive. It waits until something goes wrong and then tries to correct it. To be effective you need to be proactive to identify health risks, to then work with people individually one by one to develop different strategies for their lifestyle choices, seeing their doctors regularly and so forth. Our approaches were not quite in the same world, but I realized they had something that the holistic health movement did not. In the holistic health movement we also were waiting for people to discover that this would be useful to them.

BZ: And they had a ready audience.

Interview with Max Heirich (continued)

Heirich: They realized that you had to actually find your audience, reach them, and keep with them. I said, "Well fine. If we're going to have four different places, let's use holistic health in one of them." And they said, "Fine." They didn't think it would work, but they thought it would make their own message show up all the better, so why not have one location that tries a holistic approach. Well we all learned a great deal from each other. I joined in this UAW-GM program for three years.

We would screen the population of the entire plant, of all four plants. One of them we left as a control site, where we did nothing more until we re-screened. At the second plant we introduced the conventional wellness programs, which were essentially: offer classes and encourage people to just do stuff on their own. We used the current state-of-the-art offerings in that setting. In the third place we used Jack and Andrea's program. We identified people who had high blood pressure, who were smokers, who were 20% or more overweight. This was before cholesterol could be studied. Health counselors simply reached out to them every six months, established personal relations with them, and encouraged them to do something about their health. We also had classes if they wanted them, so we were adding additional ingredients at each site. At my plant, we worked with the entire population, not just those with identified risks, so we could take advantage of the people who already were enthused about health and could encourage others. And we worked on health improvement. We of course took the people at risk and tried to get them to doctors and so forth, but also tried to find things that the plant as a whole could do.

I brought in martial arts, which I thought might be a way to do aerobics. We had yoga classes for people with back problems... We were getting 10-15% of the people who might need exercise participating at first, the way many programs do. I learned a great deal. We had to drop all our fancy vocabulary, talk to people in the language that they used, and do very simple things – like start getting them moving, not getting them doing martial arts because they weren't interested in martial arts (laughs), although I thought it was very macho and it would appeal to them. So we started things like walking contests, and the people who were health nuts would form teams with people around them that they knew needed to walk. And then people would begin to experience what it was like to move their bodies, and then they would get very excited about doing other things. Let's try this and let's try that. We got the best results of any of the four and absolutely convinced my colleagues that this was a good thing to do.

BZ: I'm not surprised at all that you got the best results, based on some of these programs and what you were doing.

Heirich: It got very fine results. The plant was closed in one of GM's reorganizations; it had nothing to do with what we were doing. But meanwhile my colleagues became quite convinced that we had a combination now that worked. And I also learned that without the proactive outreach what we had done would have had minimal impact also. So we became a real team together. Ford Motor Company then came and asked if we would set up a wellness program for all of their plants. We wanted to go beyond demonstrations and show it's practical to go everywhere and that you could train teams that would work with that. So we set up the program for 80 plants at Ford. Now, Ford came to us before we had proven our results and so it was the health risk reduction model, not the health improvement model, that Ford took up, but it really got things moving in industry.

Suddenly I was resituated. I was working with very esteemed researchers in the field. Our work was now being cited by NIH as the outstanding work of its kind. We were being *asked* to write manuals on how to do it. And suddenly I was Mr. Respectable after all these years of being Mr. Hippie — because I was teaching in the Medical School and I was doing this. Eventually I ended up directing the Worker Health program because my colleagues died – one got an untreatable cancer and the other had congenital heart problems and died from them. So I was sort of back in the old hopper. Now I was being an advisor nationally, trying to be amused by this rather than getting all caught up in it.

I guess the best example of this is as we were starting all this in the '80s, I was meditating one day and I got a very clear message. It said, "You're about to walk through another door. It's going to be as basic in your life as the one when you experienced the third eye and got into holistic health, and you're not ready for it. You've got a year to get ready, and you're going to have to deal with your ego at a totally different level and let go of it. And you're likely to meet a teacher and you may have to leave this country, and just be ready to let go of everything." And I thought, "Wow, okay." Well if I had thought about all that it had cost me to make the changes I had and how constructive that had been in my life, I might not have agreed with such eagerness. And indeed, I started being taught about my ego and lots of very, very painful lessons that were very valuable. I got so involved in the lessons I forgot about the message. And then around Christmas time I got a phone call from the former girlfriend of one of my students in my Non-Western Medicine class.

BZ: You forgot about the…

Heirich: I forgot about the prediction that my life was about to change in some way.

BZ: I see.

Heirich: And that I was going to meet a teacher and so forth.

BZ: You were more focused on…

Heirich: On learning the lessons that I was having to deal with in my life. Anyway, this woman called. "There's somebody I want you to meet." I said, "Fine." She said, "Well, I'll bring her over this evening." I said, "Fine." Well 10 p.m. came and nobody was here and I said, "Well, they're not coming." Then the doorbell rang. I answered the door and here was this young woman with an older woman in Indian garb who came in, looked at me, and gasped and said, "Oh, I didn't expect to meet anyone so old." (both laugh) I almost said, "Well, you're not so young yourself," not realizing that this was a statement of respect from India. She was in my house about 15 minutes and the light came on, and I said, "Oh, I know what this is about."

She was a leader of the yogic movement in India. She had taught Rajneesh. She was a healer. And it was clear that something major was happening. She came back every day for a month to see me. She would sit and meditate in my house and birds would gather at the window and sometimes if we had pets the pets would come up and climb up in her lap and just be there. It was almost like watching St. Francis of Assisi. I discovered she wasn't always in these states, but I thought, "Yes, yes, I know what this is about." She seemed to be testing me in every way I could imagine – trying to make me angry, see how I would handle anger, doing this, that, and the other. And I thought, "I know what this is about. This is okay." So for a month we just kept seeing each other, and she was about to go back to India. Then she said, "Come to India this summer and I will teach you. You have to come for at least two months and if you live like a real Indian, I will show you the real India."

BZ: How had she come to you?

Heirich: She had gone to a Siddha Yoga meditation session and had met the young woman who had been dating a former student of mine. And this woman thought, "These two should meet." So I said of course I'd go. And then I thought, "How? I don't have any money. I'm supposed to be doing this research project in the General Motors plants.. But sure I will, yeah." Well, thing after thing just unrolled. It was very clear I should do it.

I discovered that sociology meetings internationally were going to be in India and I submitted a paper and the government paid my way to go over, so I didn't have to have new cash flow to do it. The Y yoga groups were selling raffle tickets for something and to be nice I bought a ticket, and I won and got enough money to buy my railroad pass. And I thought, "Yeah, I guess I should be doing this." And then I thought, "Well, how am I going to deal with being gone for two months?" and the plant closed down to do re-tooling for six weeks of the two months, so I only missed a week at either end. It was just perfect timing.

BZ: It all fell together.

Heirich: It all fell together and I thought, "Yes, yes, I should be doing this." And my colleague Jack thought I was nuts, absolutely nuts.

He was talking with one of the staff all summer about how utterly crazy I was and how utterly weird I was, how would I go to India, why would I do this, why would I believe in all that junk anyway. Finally this young person had enough. She turned to him (he later told me about this) and she said to him, "All right, Jack. I agree. Max is weird, but he's not flaky." Jack listened to that and felt, "Yeah, that's right. He is weird, but he's not flaky. Okay, we can work." So I went to India, had a wonderful time there.

BZ: Staying in a community?

Heirich: No, I went first to the community where this woman lived and then she arranged for me to accompany a group of Brahmins on sacred pilgrimage. We went all over India to the sacred shrines of the Brahmins. Then we joined a group of Sikhs who were on pilgrimage and went to their sacred places, and I also met a variety of other spiritual seekers and had a perfectly wonderful time. It was up in the Himalayas at the end of summer and I was in a beautiful place called the Garden of the Flowers. It's a national park with rhododendron and all sorts of wild flowers.

I was walking by myself and suddenly I heard that voice again. It said, "When you return, you're not to be an Indian in America. You are to embrace fully the incarnation in which you have found yourself now. You have gone as far as you can on your spiritual path until you bring the broken parts of yourself together. That's your next step." I had no idea what it meant, but I found something deep within me saying "yes" and I came back and began doing that. So I am not an Indian. I was intrigued when I got back. The Quaker Meeting here immediately wanted me to do an evening's program to tell them what I had learned in India. It was very clear that this was a group that understood that the truth is found in many places, and it was nice to know that I wasn't somehow seen as disloyal to have gone off on this very Asian search.

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That was 1986. I started doing a lot of intensive personal work, which I may not get into because it's personal. But in '88, I think, a researcher here at the University who was one of the first people to identify AIDS nationally, a doctor, was getting more and more discouraged that conventional medicine wasn't getting anywhere with the treatment of AIDS and said, "We've got to find out what's happening in alternative medicine. Clearly people are surviving much longer using it, and we don't have any idea what they're doing." He said to me, "You're tied into the alternative community. I'm about to organize a survey of medical personnel who are treating AIDS patients to see what they're using. Would you do the same for the alternative practitioners?". And I said, "Sure, that would be fun."

I called the Washington office of People with AIDS (PWA), a national organization, and got the addresses and a contact person in each city of their local organization. I called up each place and did a survey of them. And in the process of this I called the PWA office in Chicago and had quite a long talk with a person with AIDS who was heading that office. Since he was just going on disability and had fallen in love with someone in Ann Arbor, he decided he would be where his heart was. Shortly thereafter, he moved to Ann Arbor and began to look at the services to persons with AIDS in the Detroit area. One day he was talking to me and said, "There's absolutely nothing to help provide spiritual resources for persons with AIDS here." And he said, "If I organize a series of spiritual retreats, would you help with them?". I said sure, not realizing that what he really meant was would I do them. By 1989 I found myself getting involved two to three times a year usually with people from all over the state, but especially from the Detroit area and the Ann Arbor area, who were dealing with AIDS in their lives. It was just a profound experience.

We would meet for wonderful retreats, where people dropped the usual fronts that they had and met each other at levels that few of us can do. Many would often feel very deeply connected to me because I was part of this and they would stay in touch. And so over the next several years I found myself getting more and more drawn in to their world and turning all of my alternative health

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> We would meet for wonderful retreats, where people dropped the usual fronts that they had…I found myself getting more and more drawn in to their world and turning all of my alternative health work to their health needs. I hoped at first that we would provide the cure. I've learned for the most part that was not to be the case, that the virus progressed. Instead they transformed, and this was about transformation.

work to their health needs. I hoped at first that we would provide the cure. I've learned for the most part that was not to be the case, that the virus progressed. Instead they transformed, and this was about transformation.

This was not about going on with your life the way it was. And more and more people wanted me to be part of their dying process, not simply part of their first desperate struggle to stay alive. Over, I'd say, a six- or seven-year period I was probably in really deep work with about 150 people who were doing this and I became very, very close friends with many of these people. About 40 people who had been very close to me – not only AIDS patients – were dying in about a five-year period. I was going through their death process with about eight people a year. It was an incredibly deepening experience. I did that until my own health began to fail. That's a story in itself.

BZ: You weave a helluva good story, Max. Please go on.

Heirich: Well, I had had rheumatic fever when I was a child, when I was 3, and I didn't understand its implications for many years. I knew that my heart was not normal, and I was told when I was in my 20s that if I lived to be 50 I should count it as a blessing. If I wanted to have a family I should do so immediately, that sort of thing. With holistic health my health improved so much that I forgot about it and really thought that I had beaten all those predictions. Indeed my heart was strong, but the earlier damage was having its inevitable toll. By 1995, both of my colleagues in the worker health program had died, and I was responsible for that program as well as carrying on all the other things I was doing – the AIDS work, my full-time teaching. One of my administrative assistants in that program came to me and said, "You know, if you don't start raising grant money, we're all going to be out in the street." Something I had never had to bother with, did not enjoy, and I hadn't written grants. I was spending endless hours pursuing national funding sources and writing grant proposals.

BZ: For the purpose of?

Heirich: For the worker health program…And I forgot to mention that by 1993, I was being encouraged to do health-related things in sociology. I was teaching a graduate seminar on research on health care policy, and through that course I became involved with health care reform issues and with Hillary Clinton's Task Force. At one point in the process, I proposed to some colleagues here at the University that we might want to set up a University of Michigan Health Care Health Policy Forum. Michigan congressmen were on all the key committees that were going to write any legislation. People from the medical school and other places in the University had been meeting with people related to The Task Force, and they all had concluded that the Clinton plan wasn't going to work. I said, "Then why don't we become part of a dialogue with Congress?" So we set up this Health Policy Forum and a wonderful woman, Marilynn Rosenthal, headed it and I co-directed it with her. Then some of us started co-teaching graduate courses in law school, in public health, and various other places to prepare for the forums.

BZ: And you invited the congressmen and all to come?

Heirich: Congressmen and representatives and Clinton, whoever. We started a dialogue, which has continued. In the summer of '94, I got invited to work with some of the congressional committees that were rewriting health insurance legislation, working on prevention. I worked with a group of national organizations that were concerned about this. I was only a small part of that effort, but we were very successful: three of the four committees took our proposals verbatim and included them in the legislation.

Then Dole stalled everything that summer, to wait for the '94 election. So the legislation didn't go anywhere, but at least we got national legislation language and strong bipartisan support that this needed to be done. The groups that were trying to do health promotion, which includes everybody from holistic groups to physical fitness people to you name it, realized that if this went through we would need national standards of what were effective programs so that you could get some kind of funding for them. You see, we're beginning to get past "what can the wealthy do" to "how can this be made available to everybody." I was asked to chair a working group of 19 organizations to draw up the national standards for worksite health promotion, which we eventually did, and it got adopted by some national groups. But by that time, of course, there was no market for the legislative proposal.

BZ: That's still fascinating, creating national standards.

Heirich: They're there, and this last week I got asked to speak with the Michigan Senate Health Policy Committee about where prevention could fall into their concern about rising health costs. Of course, all of this work is there to just be picked up on, looked into, and see what we can do. So as it all moves forward…

BZ: It's very interesting how much work in progress was made, even though the national government didn't adopt the proposals and did not shift its insurance and health policies. How much work was done in anticipation of that is interesting.

Heirich: One of the things that life has taught me is that often the things that you think you're doing don't come off. But it doesn't mean that the seed is not planted, that there will not be fruit from it. You really have to give up your attachment to your pet idea's results and be ready to be flexible and adapt to the opportunities that are open. Well, all of this was very demanding, as you can imagine. If you add that to the other stuff, I was back into the academic stereotype of 100-hour work weeks and began getting more and more tired. At one point I probably had a small heart attack. Like a fool, I didn't go in to get it checked out, until too late to be sure that is what happened, but my strength was gone and it did not come back. When I eventually did go in to get it checked out, they discovered that the aortic valve in my heart was failing – the end results of the rheumatic fever. They gave me a range of time before which I would have to have a heart operation.

BZ: Did you at some level know it was a small heart attack?

Heirich: I thought at the time that it might be one. When it was happening I was having hot flashes and pain in my chest, and I was blacking out and had to stop what I was doing. I waited until it seemed to be past and discovered I could walk and I could drive, and went home to rest. And then I thought, "Whatever it was, I seem to be all right." But my stamina was gone.

BZ: That's interesting, Max. You, with all of your knowledge of health, operating with some of the same denial that most people do about things related to their health that they don't quite want to look at.

Heirich: That's right, exactly. I was feeling very responsible for many people and new ventures and of course…

BZ: Couldn't stop.

> **For me it was a profound discovery because I knew when I had gotten rheumatic fever and I realized that it was within three or four months after I had had a very dreadful experience as a 3-year-old in which a next door neighbor had assaulted me, strangled me, left me close to dead. And I thought, "No wonder I had an overactive immune system, on the defense, ready to fight." Suddenly this heart operation was about something very different. It was not simply about a failed heart, but it was about healing my broken heart.**

Heirich: Couldn't stop just because of that. And after a month, when I still was not recovering, I went to my doctor, who immediately sent me to a cardiologist. He said, "Well, you could've had a small heart attack. It's hard to tell at this point. But your heart seems to be in rather good shape for whatever it was. But, you're aortic heart failure has become calcified over the years and somewhere between six months and three years from now you will have to have a heart operation. I immediately went to holistic MDs as well as others and got what I thought was the best help that I could. My intention at the time was to beat this, of course.

BZ: Had you made a practice over the last 25 years to consult both traditional physicians as well as holistic physicians when something was going on?

Heirich: Yes.

BZ: Applying the principle which you hadn't yet been taught, to believe or trust 80% of what you…

Heirich: (laughs) That was well put. My first preference always was to use a holistic practitioner, then to use the medical system as back-up if need be. I found that medical science is very powerful in its ability to intervene in emergencies. It often disrupts the way the body works, and so I would prefer to use natural methods where I can, but not to put my trust totally in any of them with an alternative. I was given tissue salt to help diminish the swelling of my heart from exertion. I was given homeopathic remedies that involve cobra venom as well as other natural aids.

BZ: What was the cobra venom used for?

Heirich: To stimulate the heart.

BZ: I see.

Heirich: And I did reasonably well, except that my strength never returned. By summer my heart was clearly failing. I took a shower, for example, felt great, was singing in the shower, hot water, got out, and practically collapsed.

BZ: It's hard to sing under cold water.

Heirich: Yes, it is. (both laugh) And I called my physician, who said, "Get to the Emergency Room immediately," and I did, with help. My heart was having real difficulty circulating things. So they did the various things that physicians will do and decided that it was time for the heart operation. And the first thing they did was a catheterization, where the little camera goes through your blood vessel up into the heart and photographs it.

When they did the surgery, they discovered that two of the three leaflets in my aortic heart valve were solid shut from calcium deposits. The third one was two-thirds of the way shut. I was close to finished. But to my great advantage, I had learned more about rheumatic fever when I had gone into the hospital about a week before the operation because of some things that were happening. One of my former students was now on rotation as a doctor and he was delighted to see me. He asked me what I knew about rheumatic hearts and rheumatic fever. I knew very little, and he explained that it's a disease in which the invading organism deposits an antigen, a protein-like substance, almost identical to what the heart itself produces. If you have an overactive immune system, it will not only go after all of the antigens that the invader has done, but it will go after anything that resembles them, and will leave the heart very deeply scarred.

BZ: Oh, so because it resembled the proteins that the heart produced, the immune system was going after good proteins in addition to the…

Heirich: Exactly.

BZ: And had been doing that for a lifetime, in a sense?

Heirich: Well, no. Once the infection is passed it stops, but there this has left deep scarring. Thereafter, anything heavy in the blood – like calcium – begins to deposit out and creates whirlpools, as the blood goes through the heart. The dynamic gets larger and larger through time, and eventually enough calcium remains behind that the leaflets cannot do their work. This was very interesting. For me it was a profound discovery because I knew when I had gotten rheumatic fever and I realized that it was within three or four months after I had had a very dreadful experience as a 3-year-old in which a next door neighbor had assaulted me, strangled me, left me close to dead. And I thought, "No wonder I had an overactive immune system, on the defense, ready to fight." Suddenly this heart operation was about something very different. It was not simply about a failed heart, but it was about healing my broken heart.

BZ: It was a lifetime issue?

Heirich: A lifetime issue. And so that week to get ready became a totally different experience. Well, that was an interesting week. Now I had this awareness of how my lifelong disability in an important sense related to issues of my life that I could now approach in a different way.

BZ: As you understand it, you as a 3-year-old were attacked?

Heirich: Yeah.

BZ: You then got sickened by that?

Heirich: The stress that I must have been living under after that made me much more susceptible to infection. When the infection began, then the hyper-vigilance that I must have developed at that time certainly made me a strong fighter.

BZ: The hyper-vigilance that you developed in response to being attacked, and in a sense having to be alert at such a young age, to the dangers out in the world?

Heirich: Yes.

BZ: It helped to make you a strong fighter throughout your life?

Heirich: In a sense, yes. I think, at that time it was a mixed blessing because I probably over-fought.. But it made total sense. Of course, of course. Of course I would get sick then and of course I would find it in that way.

BZ: And react against it.

Heirich: Yeah. So I spent the week before the operation living with this awareness in a very deep way. I found that I started composing music again, music that was very, very deeply centered and calm, which reassured me about where I was. Things seemed to be fine. My children came to be with me at the time of the operation and so forth. The morning that I was to report in at 5:00 a.m., I woke up at 3:00 and found that a part of me was quite terrified. I thought, "Well, of course, why not? Let's observe this, let's be with it." I did so as I was being prepped in the hospital, and I realized that this was ironic. I mentioned to you that 20 years earlier, or whatever it was – in the early '70s, I had gotten over my fear of dying. But I wondered then if some young part of me that had been brought up as a strict fundamentalist would be worried about who I had become in the meantime. And I found that that was precisely what was happening, that there was what felt like a very young remainder of me or whatever you want to call that part of me that was terrified that I was going to die and that I would go to hell. And I heard a voice in me, that was clearly coming from me, saying, "Well, if you don't want to go to hell, hang out with the rest of us. That's not where we're going." And then it went on to say, "Now if this is too frightening you don't have to be here. You can just not pay attention. But this is not about our getting hurt again. This is about healing our broken heart." Then I felt profoundly peaceful. The operation started soon thereafter.

BZ: These issues really do cross political lines because everybody is affected by the health of their families and their parents and their children.

Heirich: Absolutely. Those of us who were part of trying to help with the Office of Alternative Medicine held our breath when the 1994 shift to a conservative congress came, only to discover that support was stronger than ever, that this really did cross party lines and ideologies.

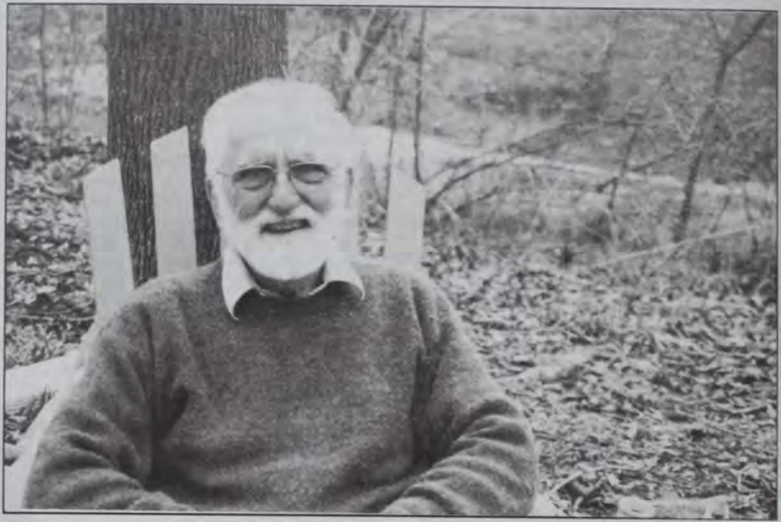
I had made arrangements through friends to have alternative healing available after exploring a variety of possibilities. At first I thought, "How about acupuncture anesthesia?" but was persuaded by an acupuncturist not to even consider it, saying "When you're strapped down and you've got a tube down your throat and the anesthesia wears off, there's really no way to tell anyone." And I thought, "No thank you. I don't believe that's quite what I need."

BZ: And this was an operation in which they were opening up your chest?

Heirich: Yes. They cut through the sternum, and collapsed the lungs. I was put on a heart-lung machine while they removed the aortic valve and replaced it with a pig's valve.

BZ: Without knowing, I think it must be very frightening to go into that kind of operation. I know my mother went into heart surgery too. You really are allowing yourself to be turned off for a period of time and hope that they will…

Heirich: And having to trust the people who are doing it.



BZ: Yes.

Heirich: Yes, indeed. Indeed.

BZ: And it's interesting to me, Max, to hear you talk about the hours before and what an important part of the healing process and also the transformative process those intense hours of emotional and psychological preparation for the operation were.

Heirich: It also helped that I had friends all over this country and I think some maybe elsewhere who were meditating on me during the operation. And I discovered later that there were five religious congregations that were praying for me. I don't think it hurt a thing.

BZ: You anticipated one of my questions.

Heirich: We had arranged for a Chi Gong master to show up at the hospital at the end of the surgery to begin working with bone healing and wound healing.

BZ: You had really covered your bases.

Heirich: I had covered my bases, yes. (laughs)

BZ: And one question I was going to ask you was about whether you believed in prayer and healing.

Heirich: I do. I don't think that it is magic manipulation, but I think when we are in the flow and we are part of the flow, when our spirit is open to that which can be, the best can happen. I had friends who had gone through this operation. One had ended up paralyzed; another – both of them were actually partially paralyzed. I knew that there was one chance in five that I would die, and I did not know what the odds were that other problems would be there. So it was not something that I did lightly.

I felt I needed to be ready not to come out of it alive, to make arrangements for the end, and then to go forward in whatever way emerged. It has felt, since, that I was getting a new lease on life. Had we left things to the natural state or just to alternative help, I wouldn't be here now. It was a very, very interesting experience.

A Chi Gong master showed up at the hospital. He did some Chi Gong while I was unconscious. I came into consciousness a few hours later and expected to be in great pain. I found I wasn't. Early the next morning, a friend who was an intensive care nurse came in and said, "You don't look like you belong in the Intensive Care Unit." Very shortly thereafter my surgeon came in and said, "You don't look like you belong here at all. Let's get you up to the other area of the hospital." So I was immediately transferred and the nurses all said, "Boy, are you on the fast track." A few hours later the Chi Gong master came in again and did his thing. Then a few hours later, a friend who works in the hospital came by and said, "You look radiant." And I was curious, so I managed to get out of bed with all my tubes and what not. I made my way over to the mirror and looked, and indeed I was. My eyes were glowing, my skin, the energy was indeed radiant.

BZ: You had reawakened.

Heirich: I had reawakened, yes, and I felt profoundly healed in some way. The next morning the surgeon came by first thing in the morning and he said, "Well, all of your vital signs are stable enough that we can send you home now, but people are normally here five days. I think we better keep you another day to make sure that you're all right. But do walk." So I was up walking around and doing what I could, and by the next morning he said, "All right, you can go home now" and so I did.

BZ: 36 hours later actually.

Heirich: In terms of the life function, certainly 24 hours later it would have been all right to leave. But I'm glad that they kept me for the extra time to make sure. I found that I had a very different emotional reaction to that building called University Hospital afterward. I would look at it and I would be just so pleased with it, that it was there. Whereas frequently before, as a social critic and a holistic person, I would think of it as all this high tech stuff and would hear people's complaints. And now I was saying thank you.

BZ: I have a friendly attitude toward the U Hospital because I have two medically challenged small children, and they have both been tended well and treated kindly by the University of Michigan Health System.

Heirich: I knew that one was. I didn't know they both were.

BZ: They both are. And I think it has disposed me in a more positive way toward the University of Michigan Health System as a result of that, so I can relate to that turning of attitude. As you talk, I can tell that you feel appreciation for that surgery, for that process that made you well.

Heirich: Yes. I worked on recovering and I got stronger. I enjoyed it. I've started teaching again by the winter semester; in other words, four months or so after I had the operation. I was very tired because normally one might take longer. Then I got my teeth cleaned and started getting more and more tired, and by summer found that I was running high fevers. I called a holistic physician who had been very helpful to me, unaware that he was going through a major medical crisis of his own, told him that I was running fevers of 103 and 104, and said, "Do you think I should go to the hospital?" He said, "Oh, I think you have a very strong immune system. I don't think your fever can go too high." I later learned that for someone who's had a heart operation, anytime a fever got up to 101 you should be in the hospital. So that was…

BZ: Disconcerting.

Heirich: Yeah, well I'll never trust anyone more than 80%. Certainly he has been very, very helpful to me, meant well, was horrified later to realize what had happened…

BZ: And he was wrong in that instance.

Heirich: And he was wrong. I went to the emergency room and the next 17 days in the hospital. Eventually they got the fever down to where I could go home and do intravenous drugs to finally break the infection that had gotten in my heart.

BZ: That had come through the teeth cleaning?

Heirich: Apparently through the teeth cleaning. I was taking a prophylactic antibiotic, but apparently it was not sufficient to do its job. I found this experience much harder than the original operation, perhaps because of being in bed for 17 days. You get so weak. And the drug that I was being given was a very debilitating one.

BZ: It caused an infection in your heart?

Heirich: Yes. A strep bacteria in my mouth had gotten into the blood and had gone to the heart. Apparently I kept it at bay for a while, although I was getting more and more tired, and then eventually it became a major event. It was very confusing. The heart operation had made a lot of sense. "This is about healing my broken heart. This is about finishing a process that's been going on for a long time." With the strep infection, I would lie in the hospital bed thinking, "What is this for? I don't understand this at all."

BZ: It had been such a successful heart operation: you had benefited from traditional medicine as well as being helped in the healing process through nontraditional means.

Heirich: And now I was having to rely totally on…

BZ: Antibiotics.

Heirich: I was, I think, fairly calm about the whole thing, but just very perplexed. And it was very interesting, maybe because I was there for quite a long time or maybe it was that I was calm. I found that the night staff, especially, began coming in to my room to talk about their lives. It was quite interesting.

BZ: Did you draw any lessons from that medical/healing experience?

Heirich: I still haven't really made sense out of it. I don't know that you'd have to make sense out of it. I was very touched when a whole series of the hospital staff went down to see me off when I left. I thought, "Oh, this is lovely." So it was not a horrible experience to be there, obviously, with that kind of thing happening, but it was exhausting.

BZ: And when was that now?

Heirich: That was the summer of 1999.

BZ: I see. So it's just six months ago or so.

Heirich: I'm still getting my strength back from that, doing reasonably well I think. But that persuaded me that I should retire, that there was no point if I was struggling with increasing tiredness and what not, there's no point in pushing yourself.

BZ: Are you still teaching?

Heirich: Well, in the spring of 1999 Barbara Sloat and I co-taught my course on western and non-western medicine, and we will do that again in the winter of 2001.

BZ: So that was right before the retirement.

Heirich: Yes.

BZ: I see. And now you're going to do it again in a year.

Heirich: And I have dissertation students and independent study people, and I am part of a research grant. You know, I keep alive in different ways. And I've started composing music more seriously.

BZ: We'll come back to this next stage of your life in an few minutes. But I did want to ask you how you think the role of alternative/complementary/integrative medicine is going to evolve in our society over the 10 or 20 years? Will it keep expanding its reach and drawing more people, or has it maxed out as far as that goes?

Heirich: I think it will continue to expand, for several reasons. Certainly its popularity has far from peaked, and the fact that traditional — excuse me, by traditional I mean allopathic — health providers are now seeing it as a market draw and are beginning to make holistic services available in some managed care plans. It is a sign of what's coming. The fact that twelve different research agency programs within the National Institute of Health are (I think it's twelve, but anyway several) — not just the Center for Alternative Medicine — are exploring alternative medicine and its possibilities. That a rather traditional medical school like the University of Michigan is one of at least a dozen or more that are seriously studying its effects, I think, tells you that there's been a generational shift in awareness that there is more than scientific medicine. I would say 20 years ago the research that was done always tried to explain it in terms of western medicine and its physiology. Now people are less concerned about that.

BZ: I see. They are less concerned about that. That's interesting to me.

Heirich: They would like you to discover mechanisms by which it works. Those mechanisms may or may not be the ones that we now understand as part of scientific medicine.

BZ: They want to have controlled studies to understand it, but they don't have to force it into a western understanding of what makes it work.

Heirich: Well, the western understanding of the body and the mind and occasionally the spirit is changing too, in terms of what we study and how we study it.

BZ: Can you say more about that?

Heirich: There's an area called psychoneuroimmunology, which tries to look at how the mind and the body interact, and it's become a gathering place for physical scientists, for psychologists, for spiritually focused people.

BZ: Do you think that we'll begin to see more lower income people and families begin to be able to take advantage of alternative medicine?

Heirich: That's the big question. I don't see the obvious route. Some insurance companies are now making complementary and alternative medicine available, but many of these lower income people do not have those insurance policies. I think it has tremendous promise as a cost saver in terms of chronic disease. As that gets better documented health plans may focus people who are beginning to have chronic disease problems in that direction. I've tried very hard in the last several years of my life to see what we could do to make this more accessible to lower income people, and what was possible in Detroit. What I found is that there is great openness, that this is not a class issue in terms of what people are interested in.

I certainly found that once I was doing AIDS work, for example. Many of the people with AIDS are not high income, and never have been. There are folk traditions – if you want to call it – within the many population groups. I found people referring to the healing hand, for example, and certainly the belief in the power of prayer, and what have you, and just enormous interest and openness to alternative health possibilities. When I tried to raise federal funds to make this available, however, I found very little interest. People would say, "No you can't do it. Those people won't be open. It just will not work." So I've had to explore other possible routes and discovered that there are good reasons, complexities of our social organizations, why people don't have access to alternative medicines. I think in the long run it will be more available – particularly if you combine alternative medicine and prevention – that these will be enormous cost savers. And I think there's good evidence costs can be saved in from three to five years. Medical costs decline enormously.

BZ: These issues really do cross political lines because everybody is affected by the health of their families and their parents and their children.

Heirich: Absolutely. Those of us who were part of trying to help with the Office of Alternative Medicine held our breath when the 1994 shift to a conservative congress came, only to discover that support was stronger than ever, that this really did cross party lines and ideologies.

BZ: A lot of conservatives approach it from a Libertarian point of view.

Heirich: Yes. But it turns out that this has been around for 20 years or more now, and a lot of people are in fact using it. In fact, during the Clinton task force on health insurance reform, one of the members was trying to get more funding for alternative health, which no one was even willing to discuss. She simply said, "I would like everyone in this room who uses alternative health to hold up their hand," and at least a third of the people held up their hands. It happens in Congress. It happens in many places at this point because the popular use of this is real. The task is to incorporate it without simply increasing the overall cost of health care, which would make it less accessible to people on the margins. It's a very interesting challenge.

BZ: Explain that to me, please.

Heirich: Okay. There are at least two things that I think have held up incorporating holistic health into the general funding of health care, aside from prejudices against it, which certainly is a strong enough point. One thing is that if you add additional things that can be covered, the use of them will increase. Unless they save money somewhere else, that makes the rocketing health care costs just go up faster.

BZ: In other words, if I can include my visits to my acupuncturist or perhaps even my massage therapist, that's just an additional cost that my managed care program has to incur.

Heirich: Or your insurance has to pay, and therefore the rates will go up. As the rates go up, small businesses will be less able to afford coverage and more and more people will have no insurance at all. So then if you have to cover everything out of your pocket, it gets tougher.

BZ: But you know that a visit to the massage therapist may be a much more cost-effective way to deal with my stress.

Heirich: Absolutely. And in fact stress, it turns out, is the highest cost ingredient in health care for employed people. On the other hand, you go to a psychiatrist or a psychologist or whatever. Massage therapists are not cheap anymore. Neither are the other people. Managed care is trying to deal with it by saying, "All right, you can have nine visits to a professional and that's it. Get your act together." We need to approach this much more fundamentally. What we've discovered with the prevention area that I talked to you about is that if you do it right, then, within three to five years you are getting real cost savings. That is, if you really do screening assessments of the whole population so you identify people's problems early, you reach out actively to them and then you stay in touch with them and help them develop the motivation, the self-confidence, and learn the techniques that will let them succeed at changing their life in certain ways. If you simply add holistic practitioners as "fixers" after things go wrong, the way we use our doctors and nurses now, it will add on more expense. If we make it part of *prevention*, it could be cost effective.

The problem to resolve is how to deal with the three to five year timeline between investment in this and the payback. I've tried to interest managed care group plans in this and they say, "It's not realistic. We have a 20% turnover every year in our population. So how do we have any guarantee that the people we're paying this extra cost for will stay with us long enough for us to reap any benefit? It may just make it harder for us to stay in business."

BZ: How interesting.

Heirich: I was just proposing to the Michigan Senate Health Policy Committee this last week that not only should there be some demonstrations with state employees of what's possible, but that we should consider some tax rebates that are performance-based tax rebates. For businesses that lower the risk levels of their employees, there could be a time-limited tax rebate during the time period before there will be savings for them in lower insurance costs. It would save the whole system a lot of money.

BZ: Had you been invited to go and talk to them, or did you give them a report?

Heirich: I had been invited to talk to them. They're very concerned about the rapid rise that once again is occurring in health care costs. Is there any new way to approach this?

BZ: It's moving slowly?

Heirich: It's moving slowly, but it is moving.

BZ: How long has it been since you stopped teaching the course at the medical school on patient care?

Heirich: I last taught it in 1999.

> Children can be, at times, more perceptive of you, including your weakness, than almost anyone else. And they can be very direct about it. They can also be very wonderfully appreciative…Also, when your children suffer, it's harder than when you suffer. Especially if they suffer because of decisions that you have made which were not intended to cost them and then you discover they have.

BZ: Not very long ago. You talked the last time we spoke as well as today about the generational shift. Obviously a pivotal part of that generational shift is with the medical students who become doctors themselves. When you were teaching the course over the last few years, were you still encountering a certain level of resistance to ideas about alternative medicine?

Heirich: No. It's very different. Medical students are intensely interested. Many of them want these kinds of courses. They bring a different technical knowledge, a set of questions, the questioning mind which is different than the cynical skeptic, whereas it used to be the cynical skeptic (laughs).

BZ: It's a questioning mind now?

Heirich: Yeah.

BZ: Very interesting.

Heirich: Saying, "This doesn't fit the other things I've been learning, but let me figure out what to do with it." Now, it isn't that every medical student randomly signs up for my course, but I think there are a lot of people going into medicine who either have had direct experience or know of friends or parents who have used it. They give it credence, and then try to find out how you ask rigorous questions about it. I think there's much more understanding on the part of medical researchers right now of the difference between demonstrations of clinical effectiveness and explanation of the physical mechanisms by which something works. That is, we used to say, "Well, we won't pay attention to holistic medicine until you can explain to me how the body takes its input and what it does with it".

Interview with Max Heirich (continued)

Then they began to acknowledge the fact that most of the things we adopt as part of conventional medicine can't be explained either. As we demonstrate that alternative medicine is clinically effective professionals are now saying, "All right, if this is clinically effective, why not use it also? Let's be alert to what we can discover about how it works, but not wait until we can explain it all before we take advantage of it."

BZ: There are certain herbal tonics out there that we know are effective, even if we don't know exactly what they're doing.

Heirich: Well, I don't mean to imply that all of the medical community have become tolerant believers. Well, for example, before our CAM Center opened up, our medical school invited a doctor from Harvard who had done a study of the use of holistic medicine/alternative medicine by the public to talk about this and what implications it had for the medical world. That became the occasion in which several physicians "came out" to their peers as persons interested in complementary and alternative medicine.

BZ: I've heard about that.

Heirich: As many members of our own medical community said, "Well, I'm coming out. I want you to know that I use these methods with my people," or "I'm going to study this," or whatever. And in fact his visit had been arranged by an associate dean of the medical school, so it was time for people to know more about this. And it was just the right moment for everyone to say, "Yes, this is a part of what can be helpful."

BZ: So does the existence of the center here in Ann Arbor also help to have an effect on the attitude of medical students and the medical establishment in town?

Heirich: It's a little hard to tell. I mean, it's only been going a short time. The fact that one of our world famous surgeons heads the center gives it a kind of credibility.

BZ: Yes. So it has some credibility as you understand it?

Heirich: Right. And certainly the oncology group is wanting to affiliate with it now and use it as well.

BZ: What about in terms of nutrition? Historically, there was a lot of resistance. You would often hear that medical students weren't taught a single course about nutrition. Are they also interested in nutrition?

Heirich: Well, certainly the research centers are. I have found that the students that encounter me are very interested in nutrition.

BZ: Max, how important in your mind is the doctor-patient relationship in healing the patient?

Heirich: In my mind it is very important. I can't give you statistics about what proportion of the healing that occurs is because of that versus other things that doctors do.

When I taught medical students I constantly challenged them with my belief that much of what happens involves healing rituals – everything from the white coat, the medical procedures which are done, which often are not – well, things like taking your blood pressure when you first come in, even though it may not be used in any way – the lab test which tells us that science is see what's here, that the relationship of trust which is established because of our own beliefs in our culture in science, what it can do, make possible a very different outcome. Probably only about 35-40% of the cases that come to a primary care physician are clearly and uniquely treatable with the arsenal that we have now. So something is going on for the rest. I've quoted a humorist to them, who comments about the placebo, "When drug trials are going on usually a control group is given something that as far as we know is inert in its ability to affect the disease that's happening. But anywhere from 30% to 50% of the people who are given it improve." And so the humorist goes on, "If you want to ask what's the most important drug we have, it's clearly the placebo. It works for every disease."

When you add the 30-50% who are helped by it, that's a major portion of all of our patients. What's it doing? It's giving a message to the self that an intervention is occurring which can lead to health. It's creating a healing relationship simply by giving this ritual symbol. And that's precisely what we would like to do, to enable the mind, the self, to return to its normal function. In fact, if you think about the Ayurvedic or the Chinese medical system, they assume the problem is not that an invader has taken over your body, but that the self has lost the ability to be in balance in its relation to things it's encountering. It's getting the wrong messages and responding to them rather than going back to what it's about. So if you restore the energy balance of the body, then the chemistry will follow. That's one way of doing a healing relationship. With acupuncture it's fairly mechanical. Another way to do it is to allow the self to be, to come into quiet and balance, certainly to give foods – nutrition – that compensate for what we have thrown off and let the balance occur again. All of that's about a healing relationship.

BZ: When you experienced the polarity work for the first time back in the early '70s, it was almost an example of spontaneous healing. It sounded like you healed...

Heirich: Well, I healed quickly. And as I would think of it, when blocks in my energy system opened, then the body returned to its earlier understanding of how it functioned.

BZ: And it did that quickly. It didn't take a long, drawn-out process.

Heirich: Well, in a way it did and in a way it didn't. I did yoga for a year before I started this, so there was a year of preparation for the body to deal with the polarity, and certainly the two are very complementary to one another. Once the interventions came, the body could render them and oh, this is what I want, this is what I will do.

BZ: Can you tell me perhaps a story of one of the best teacher-student relationships you have had over the years, when you look at your many years of teaching. Not a whole classroom situation but a particular student-teacher relationship that was meaningful to you or that was worth telling a story about.

Heirich: Let me pause and select here. (pause) Well, I think of one right now – a relationship which developed not in the usual way. I was taking a yoga class at the Y and there was a young man who was in the class who, it turned out, was an undergraduate at the University. He gradually discovered that I taught at the University and started taking courses with me. He was a doctor-to-be, it turned out. Really wrestling with what he was encountering through yoga and the holistic world that he was meeting, how all of that fit together with what he was studying as a biochemist. He would take a variety of courses that I taught and each term would write a very deep paper that might not have anything to do exactly with the course, (both laugh) but clearly was his progression through the philosophic issues that he was trying to deal with. Finally, I think the last term he was there he took my western/nonwestern medicine class and was just a wonderful addition — well it was not only that we felt close to each other, but the depth of what he had been wrestling with for two to three years came through in a way that just enriched the course enormously. I was not terribly surprised when he went to graduate school and met a woman from India who was almost through with medical school. They got married and I was invited to come to their wedding. It was a classic Hindu wedding; it was delightful. It was clear that it meant a lot to both of us to just continue contact.

BZ: You had been an important teacher and mentor in his life.

Heirich: I guess, yes. And when I met his fiancée, it was an instant recognition of souls. And so every so often when something major is going on in my life, the phone will ring and he will be there. And he will say, "I think it's time to check in. What's happening?" There's a level at which we are aware of one another which continues. It's been a decade or so now since we were in a teacher-student relationship, and in fact this last week I got a call as he and his wife were thinking through the kind of holistic practice that they are wanting to do right now. They are already embarked on one and they are wanting it to take some new dimensions and thought it was time to just talk about it with someone that they trusted. That's the kind of relation ship that I find wonderful.

BZ: I asked you about that because I know that it can be very satisfying to mentor younger people.

Heirich: Yes, particularly if you realize that you are learning from them, and not only that they are absorbing from you. There is, I think, a great temptation for teachers – particularly teachers who have learned how to be effective in the classroom – to sort of sop up admiration. It needs to be resisted as strongly as possible and turned in other directions. Well, in fact, I remember something that happened at your house that I found delightful. I'll try to leave names out, but (about ten years ago) you had a party of people of your age, Bill, who had known each other at Michigan and had come back, and I was invited. One woman came up to me and said, "I just want you to know that the courses that I took with you at Michigan changed and shaped the direction that my life has taken since." This was a lovely thing to say, but I couldn't resist responding, "And I've never forgotten what you said after one of my lectures." She said, "Oh, what was that?" And I said, "You looked at me with stars in your eyes and you said, "You have no idea how your lectures sound when I'm stoned." (both laugh)

BZ: Oh, to have been young and in college in Ann Arbor in the mid-1970's... An interesting comment she made to you, way back when. You probably didn't know how profound you could be!

Heirich: She was actually in that class that I mentioned to you, where students said they wouldn't miss a class because they wanted to see what would happen next. She was very embarrassed by my reply and said, "I did? Of course I would have!" She added, "Well I want you to know where I've gotten now," and we talked about how her life has matured.

BZ: Nice story. Can you tell me about your family, how many children do you have?

Heirich: I have four children – two boys and two girls. They are all, of course, grown now. I have six grandchildren. My children are scattered from California to Chicago to Switzerland, which makes a wonderful excuse to travel.

BZ: What have been the rewards of fatherhood for you?

Heirich: I think being a parent sustained me in my 30s and 40s at times when I sometimes despaired about my worth as a human being; that I was clearly making a difference in some other people's lives was wonderful. The excitement of watching development. The discovery, which was accidental, of being present at a child's pace.

BZ: Accidental in the sense it was forced upon you?

Heirich: Well, in a sense it was forced upon me in that when I had that year's illness and suddenly the children could be with me when they wanted to, in ways they wanted to, rather than "Daddy's home now, let's take time to be with him." I got to know them at a totally different level, and I think it changed the whole ability to have a relationship. It was a wonderful teaching experience about nonattachment, yet one becomes very attached to one's children. As they grow up, there are times when you have to let them go and if you don't it just becomes very, very problematic for everybody. If you can give them their freedom while still being there, even if they leave and then welcome them at their return, it's a deep joy. I don't feel like I'm answering the question adequately.

BZ: I think more so than you realize, though. I think you said three or four different things about the rewards. You spoke very specifically about the effect it had on you in your 30s and your 40s, and how you became more present for them when you were ill and therefore you got to know them more deeply. What's been hardest for you about fatherhood?

Heirich: It's painful and you also feel incredibly responsible. Now maybe genetically you're both inclined, but you

Heirich: Children can be, at times, more perceptive of you, including your weakness, than almost anyone else. And they can be very direct about it. They can also be very wonderfully appreciative, but...

BZ: But no one is more direct really, in terms of faults and weaknesses, than children.

Heirich: They can see you with a clarity that you may be able to disguise from others, but not from the children. Also, when your children suffer, it's harder than when you suffer. Especially if they suffer because of decisions that you have made which were not intended to cost them and then you discover they have. If children repeat the same mistakes that have caused you anguish and you feel like, "Oh, not that one. (both laugh) You can make your own mistakes; you can't do that one."

BZ: It's painful to watch them.

have the sense that it may very well be an example, susceptibility. You watch children go through almost the same processes that you have that you know are very painful and you think, "Why you? I've done that. You

> I am very perplexed at times about the nature of God. I do not understand where suffering – things like genocide, cruelty – where all that fits into the experience of a loving God that seems so real in my own experience. I have often experienced myself as preserved, sustained, protected, cared for, and it feels like it is divine. And then I see what happens to other people, and I don't find any theological explanation of any religious tradition that I know make sense of it for me, and I have to say this is beyond my understanding.

don't have to do that."

BZ: You're kind of helpless to prevent them from doing that.

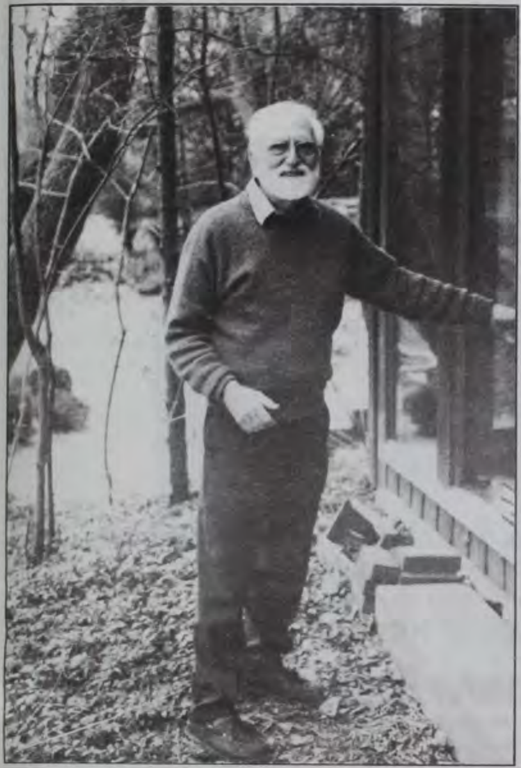
Heirich: Yeah, and of course you also learn from the mistakes that they do that you couldn't.

BZ: Those are very powerful answers, thank you.

Heirich: You're welcome.

BZ: You're just became a grandfather again? What's been inspirational or wondrous about being a grandparent?

Heirich: Oh, it's such fun. And of course it has the great advantage over parenthood that you can choose when to do it. (both laugh)



BZ: Are any of your grandchildren old enough that they can carry on full conversations with you?

Heirich: Oh yes. The oldest is 14. There are a couple that are 8 years old. Let's see, that makes three of the six.

BZ: You better mention them all.

Heirich: Have I miscounted? Wait a minute. No, one child has three, one has two, one has a new baby, so it's six. One just turned 14, two of my grandchildren are 8, one is 5, and one is 3, and the newest baby. So many are verbal enough to...

BZ: Entertain and converse.

Heirich: And it's fascinating to, at a level that I think I was too busy or too tired to notice as a parent. You see a child at a particular age and suddenly you can remember what it was like to be that age yourself and then see how they're doing it and sort of admire, "Oh, I wish I had done it that way."

BZ: It's a little bit of an opening to one's own youth again.

Heirich: Grandchildren are so accepting and so loving.

BZ: It can be such a special relationship in an uncomplicated way between a grandparent and a grandchild. I know I had very, very special feelings toward my grandfather, and I treasure that relationship as I've gotten older.

Heirich: I wish I lived closer to my grandchildren, but I don't.

BZ: Thomas Moore in his latest book writes about the soul's journey as distinct from one's own external journey, as distinct from the journey of the ego. The soul's journey through life is more cyclical, more repetitive, more about one's dreams and unconscious and one's thoughts at rest. It's a floating kind of journey. What have been some of the lessons of your soul's journey through this lifetime?

Heirich: That's a good question. Well, let me respond first of all to that image. It has often seemed to me that our life is a spiral. It's like you go around in a circle and you come back to many of the same places and issues and yet it's not the same place. One can look at the spiral as moving upward. One can look back and see where one has come and see how the issues that one re-faces are different in one's understanding of them. So, yes, your example was a nice choice for me. You're asking what are the lessons? Well, one lesson is never take yourself too seriously. It really gets in the way. And don't decide too quickly who or what you are – you're probably wrong (laughs).

I remember when I turned 50 and as a young person I had used the phrase "When I'm 50...," as if that was the pinnacle of your experience, and I just sat and giggled. (laughs) This isn't what I'd expected at all. But then I looked back on who I thought I was going to be at 50, and I wasn't that person. And I was so relieved (laughs). I liked who I was much better than the person that I thought I was supposed to become.

I guess the other lesson is it's okay to be wrong, that you have to live from your heart, that it really helps if your heart is paying attention to what your mind can teach as well. I used to think that all humans were essentially alike, and I had this false pride that I could understand other people because I know how I would respond to something. And I gradually began to learn no, other people aren't necessarily like me and I shouldn't assume that I know what their experience is.

BZ: Has that made you more respectful of those experiences?

Heirich: Yes. I didn't realize the extent to which being "empathetic" could be unintentionally condescending, as if I understand what you're going through, and maybe I don't at all. I think one of the important lessons that I have learned is that when one is reaching the dark night of the soul, or the pain of life, that the greatest comforter is one's self – that is, rather than looking to others, the way you did as a child to your parents, your mother, or whatever. That you can be that to yourself. That if you can love yourself, can see yourself with the attachment – shall we say – that a parent sometimes can, if one can comfort one's self and put one's self into the larger perspective, it is much more deeply satisfying than – not to knock relationships – but this speaks even more deeply.

BZ: Is that about stepping back enough from one's self, when you talk about seeing one's self in a larger perspective?

Heirich: There are times when I figuratively take myself on my lap and I'm very, very hurt or sad or whatever, and a part of me can say to the rest of me "That really hurts, doesn't it? I love you."

BZ: What's your take on God and divine presence in your life?

Heirich: I take it very seriously. There are many times in my life when it's not something that I think about and decide I believe it or I don't believe it. It's more a matter of saying, "Oh, yes, here I am, here you are." I doubt that I will ever be sure that my constructions of that experience are accurate, but I can't doubt that something is happening. I am very perplexed at times about the nature of God. I do not understand where suffering – things like genocide, cruelty – where all that fits into the experience of a loving God that seems so real in my own experience. I have often experienced myself as preserved, sustained, protected, cared for, and it feels like it is divine. And then I see what happens to other people, and I don't find any theological explanation of any religious tradition that I know make sense of it for me, and I have to say this is beyond my understanding.

At Christmas time one of my children gave me a beautiful book on Africa, and as I was reading it and discovering the viciousness which is a part of nature – the capture, the prey, the rip apart cruelty – I was finding myself profoundly perplexed about how is this part of God's world. It clearly is. How is our caste relations? Is it just that humans are somewhat deranged? That there are whole dimensions of reality that don't fit easily with my experience of the loving universal spirit. We are all one, I know that, and that I am part of all that is, I am sure of that, including these things. And that perplexes me. But that it exists, I can't seriously question at this point in my life because it intrudes into my awareness too often.

BZ: What are you looking forward to now?

Heirich: Well, I have a great question mark in my mind. It's like I have a new lease on life, but what is it for, I don't know. I loved the advice that has come down through a few centuries – "Don't out run guide." So I don't have to decide, I just have to be open and aware and ready to make use of what comes and let go of that which needs to be let go of.

BZ: Well you're unencumbered in a way you haven't been for 40 years by some of the structures of work and family.

Heirich: I keep finding very interesting things emerging and think, "Well, maybe that's where I will go. That would be fun."

BZ: Does slowing down a little bit physically, does that have its rewards?

Heirich: The recovery period has enormous rewards, and I had experienced that earlier when I had this year of sickness. I was available not only to my children then, but to students if they wanted to come out to my house. They could take as much time as they wanted. More recently, I found that all kinds of people reemerged in my life now that I had space for them, and it was just nice to be there. That's a reward.

BZ: And now that you've recovered but you're moving a little more slowly, is there still that element that people are coming in a little more and you're letting people in a little more?

> **There is, I think, a great temptation for teachers – particularly teachers who have learned how to be effective in the classroom – to sort of sop up admiration. It needs to be resisted as strongly as possible and turned in other directions.**

Heirich: I have to watch that I don't get into old habits, "Oh, well I'll just keep going until I get this task done." I say, "I'm tired; it's time to stop." I didn't realize until I really had to stop how much I was living on adrenaline in the later years, and now I really prefer not to have adrenaline as the base of what I'm doing, except for rush periods. In 1997 I was asked to write an official statement about the intellectual questions and strategies that have guided me. I tried to think – I've done such a variety of things, what could they all have in common? This was written for sociologists. I wrote, "I've always been interested in issues of social transformation, especially in the intended and unintended consequences of efforts to produce qualitative change in how a system works." And that's much of what my work life has been about, whether it was civil rights or whether it was something else.

BZ: You wanted to talk a bit about transformation.

Heirich: My own experience – whether it's delusional or real – is that life is about transformation, that we start it wherever we are and we keep being given opportunities to learn. If we don't learn certain lessons it seems like the necessity for them keeps recurring until we learn them. I understand why *Pilgrim's Progress* would be written, that sort of thing. But that there are moments of encounter between people, moments of encounter with that which we respond to as divine, where we're not the same afterwards. Something changes. The transformation may be very temporary, but the interesting ones are where you find that you don't go back to where you were, that at some level things are different.

I've been part of social movements for a lot of my life; some of them have a lot left over and some of them you can hardly tell were there. What I've always been interested in is what is it that we're doing in trying to create the – what shall I call it – the religious language would be the kingdom of God in our midst, or we could use other language, but that touches it. What is it that we add to the stream that's moving on that allows that stream to take a slightly different direction?

BZ: What we add as individuals as well as a culture in a given time.

Heirich: Or like what was in the holistic health movement or whatever.

BZ: I think that's one of the wonders of American culture, in a sense: its ability to keep integrating and changing and incorporating new strands.

Heirich: It certainly makes graphic a Buddhist's understanding that life is constantly in flux, that nothing ever stays quite the way it was.

BZ: Well thank you. Thank you very much. I think we touched on a lot of interesting things today.

###

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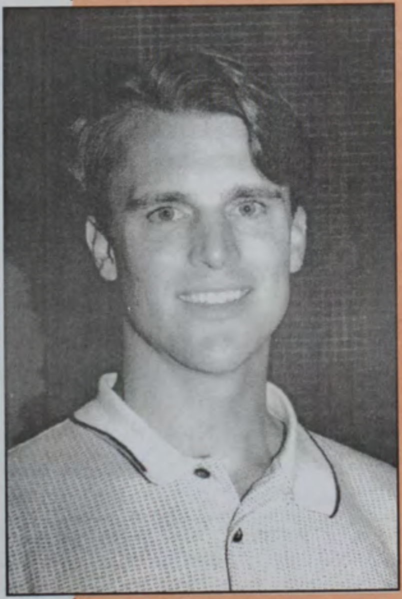
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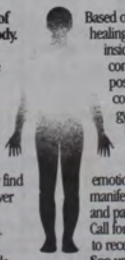

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Calendar Highlights for September-December 2000

1) **Buddhist Scholar Robert Thurman** – Sept. 6
(See Buddhism)
2) **Reiki Grand Master Phyllis Furumoto** – Sept. 15
(See Reiki)
3) **Men's Spirit Camp** – Sept. 15
(See Men's Issues)
4) **Man Alive Retreat** – Sept. 15
(See Men's Issues)
5) **Sacred Circle Dances at Weber Center** – Ongoing
(See Movement and Dance)
6) **Women's Herbal Wisdom Gathering** – Sept.30-Oct.1
(See Herbs, Plants & the Garden)
7) **Wiccan Priestess Silver Ravenwolf in Ann Arbor**
-September 30 and October 1-
(See listings in Wicca, Tarot, Ceremonies and Astrology)
8) **Ram Dass in Conversation with Gelek Rinpoche**
-at Jewel Heart on October 6 and October 7-
(See Buddhism))
9) **Dimensions in Light Festival** – October 28
(See Conferences, Fairs and Festivals)
10) **Dzogchen Transmission at Flaming Jewel**
- November 11-
(See Buddhism)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the January-April 2001 issue is **Wednesday, November 22nd** and the **deadline for paid advertising is Wednesday, December 6th.** The issue will be distributed starting December 22nd. 4,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104.

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Most of the quotes used in the calendar section were found in the book: *LittleMiracles* by Dan Zadra and Katie Lambert. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

The Secret Method of Inviting Blessings: Experiences with Reiki

By Nathan Horowitz

Einstein on a stairway to heaven I met Robert Hughes for a reiki treatment in his apartment front room/treatment room on Ann Arbor's Old West Side. He seemed to me the picture of the classic mystic, his clear blue eyes wide from staring into the beyond. For a moment I felt like an anthropologist, studying some strange custom—but of my own tribe. I wondered, Should I separate myself from what's happening in order to observe it? But of course for the full effect I have to go with it. Lying face up on a massage table, the back of my head cradled in Hughes's long, strong hands, I slowly began to drift off into dream. For a moment I was following Einstein up a stairway into a blue sky with white clouds. Einstein was wearing a brown suit and black shoes. I focussed on the image and it vanished; felt my legs grow stiff from motionlessness. Drifted off again and watched some blue angelfish swimming in a liquid forest. Later, though, when the reiki seemed in fullest flow—like a river without water or a strong wind without air—it was complex, organic celestial architectures in brilliant colors, like something by Gaudi. A change in the way my breath came through my throat would alert me to the fact that I was falling asleep, and I'd become fully conscious again. A recurrent feeling of dullness and sadness I'd had for several weeks washed out of me.

Robert Hughes

Hughes worked unhurriedly around me over the course of an hour. He held my head, then my left arm, then my ankles, then my right arm. Finally he told me gently that it was over and I could, when I was ready, and at my own speed, get up off the table.

I was comfortably dazed afterwards as I interviewed Hughes and tried to figure out what he could tell me about reiki. He defined it as the energy Jesus and Buddha used to heal. Hughes, by his own admission, went out on a limb, and stated that it may have first been known by humans in Atlantis and Lemuria. "It's a phenomenon that's been going on since the beginning of time," he added. "Reiki energy is what allows a person or a plant or a situation to grow and to feel and to come into balance." He offered this recollection of his own first-level attunement, the initiation he received to be able to work with reiki: "It felt like something that had happened to me at another point in time. In another lifetime, in a parallel universe—it just had a sense of being something very familiar." When he began, during the same weekend, to treat others, he said, "I'd just put my hands on a person's body; I'd feel drawn to put them someplace and put them there. I felt that the energy ran for a while, and then it didn't, because after a while, it'd get filled up in one spot, and I'd need to move somewhere else."

As I was going to sleep that night, I sensed the reiki energy as a sleeping bag of flexible multicolored glass, each color leading off into a different dream.

In my dream I found a face carved in stone, made by some people who had lived long ago on the land where I was. Later I realized I hadn't discovered it myself after all; others had before me. I interpreted the dream as an image of the reiki lineage, and my own re-encounter with a force of nature that had long ago become attuned to human frequencies.

The image of Einstein remained with me as a kind of emblem for my research into reiki for this article. I found this quote attributed to him on a Swedish reiki master's website: "The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed."

* * *

History The history of reiki, though brief, has already become shrouded in myth and controversy. What is certain is that it begins in Japan with a man named Mikao Usui (1865-1926). According to my local respondents, he undertook a quest to learn spiritual healing. He studied ancient Christian, Hindu, and Buddhist texts, both in Japan, and in the United States at the University of Chicago. Afterwards, he felt he understood spiritual healing only on an intellectual level, not practically; he knew theoretically how it was done, but couldn't yet do it. So he went on a 21-day water fast atop Mount Kurama near Kyoto. On the final day, a beam of white light shot out of the sky and hit him in the middle of the forehead. The Sanskrit characters he had been studying appeared in three dimensions, floating inside millions of multicolored bubbles, along with several new symbols specifically related to the new/old spiritual healing system that was born at that moment as Usui was filled with energy and knowledge.

The website of an organization called Traditional Japanese Reiki says this is beautiful nonsense: that Usui simply derived reiki from Taoist practices, and probably never left Japan. The Internet is like that: you never know what you're going to get. We are back in the terrain of Einstein's oft-quoted statement that "Imagination is more important than knowledge." From today's standpoint, it may be impossible to know what happened; we are free to believe what we want.

What is certain is that a current of sectarianism has developed, with various reiki lineages casting mild forms of universal aspersion energy at each other. This is only natural; one of the true signs of a spiritual master is that he or she thinks other true spiritual masters are completely full of beans. In the five spiritual affirmations Usui left behind, we are cautioned not to get annoyed:

1. Just for today I will give thanks for my many blessings.
2. Just for today I will not worry.
3. Just for today I will not be angry.
4. Just for today I will do my work honestly.
5. Just for today I will be kind to every living thing.

* * *

Tree-Hugging Dirt Worshipper I figured I had located Suzy Wienckowski's house when I noted the bumper sticker on the car in the garage: Tree-Hugging Dirt Worshipper. Inside, on the massage table, I chose to forgo the relaxing music CD and listened instead to the red-winged blackbirds trilling in the field behind the house. Wienckowski's procedure was virtually identical to Hughes'. I didn't get much imagery this time, but a sense that emotional work was being carried on in the dark waters beneath the surface of my mind. The word "nurtured" came to mind.

Afterwards, we spoke on her back porch, accompanied by her golden retriever and the neighbor's black labrador. The lab lay down on my foot, quietly eavesdropping on the conversation in that unfocussed way dogs have, smelling faintly of skunk.

NH: What *is* reiki energy?

SW: That's not a question I can answer on any kind of scientific level. There's a German reiki master who I think is a physicist, who's been doing experiments…my curiosity doesn't take me there. I know what reiki is experientially, and when I teach my classes, I try not to get caught up in that, because I don't know.

NH: Having had a treatment from Robert yesterday, I've been seeing reiki in everything today: the clouds this morning, the needles on those pine trees, these dogs.

SW: Reiki is present in all that. It is the universal life force. All of those things are manifestations of that energy. We are unique manifestations of that energy. That's the way I experience it, that it's the unmanifested. And that's what comes through. When you receive a treatment, it's you that pulls the energy through, and decides whether or not to accept it, and where in your body it's going to go. It's the universal aspect of life energy, before it's dog energy or people energy or bird or plant or rock energy.

NH: Tell me about your first experience with reiki.

SW: It was in a reiki class. I've been a massage therapist for twenty years so I had been doing different kinds of bodywork and actually was on a break because of some physical problems I'd been having myself. I saw some posters for the class that described reiki as gentle and easy, and that it could be used for self-healing. I thought, "That sounds perfect for me." So I went to the class. It took place on a weekend. The Friday night, we all got treatments. I remember feeling so nurtured and peaceful. When I came to the class the next day I was very profoundly affected by the initiations. I saw amazing colors, bright white light; I felt a tremendous amount of heat, and had a lot of emotion surface, so that I basically cried the whole day. It was very good. And I knew that I'd come home, that this was my work. It felt like I was finally given permission to do what I'd always wanted to do, which was just to rest my hands. When I'd be massaging, I'd be thinking, "I just want to rest my hands." I knew that my path was to do healing work with my hands, and when I found reiki, or reiki found me, I knew I had found the right vehicle for that.

Mikao Usui, founder of Reiki

It becomes an integral part of your life. You give yourself a treatment every day. And any time you touch anything—you're holding your child, petting your dog, preparing your food, planting a flower—that energy is moving through your hands.

Quite often when I'm giving a treatment, or giving myself a treatment, I'm taken to that space where the boundaries don't seem to exist, that place within that is constant, that isn't of this physical body, that's that part of you that's connected to what's greater than you.

* * *

Brits in space Ray Golden and I spoke on tape in his living room on the north side of Ann Arbor before a treatment.
NH: What is reiki energy?
RG: I have a Master's in Engineering. And everything I studied about energy doesn't help a bit in trying to answer that question. It's a spiritual energy; it's a healing aspect of the universal spiritual energy. It has its own intelligence. We only know a little bit about it. I've worked with it for a long time, and still…. It comes in, and it moves through me. The less I do, the better I can do. Just staying out of the way and letting it do it.

I can feel it; I can access it. On the one hand, automatically; but I can do things with the symbols you learn at higher levels to access a deeper flow of the energy. It's certainly not the only healing energy. But it's the most powerful that I've felt. And I've studied with a number of different healers…*I* certainly resonate with it the most. It's very powerful, but also very subtle, loving, and nurturing. It respects a person's boundaries. Because some people want to heal; other people don't really want to heal. Whatever their pathology is, is part of their identity, and they're not ready to let go of it. The source of illness can be the emotional level, but in some cases it can be karmic, or there's some lesson the person has to learn. The reiki will honor that, it won't take it away.

I've had some miraculous things happen, working on people. I had a fellow who was on a liver transplant list. He came to me, I worked on him. I was amazed at what was happening. I was just standing there, and it was like somebody was hitting him with a cattle prod. He came back the next week for another session. I didn't hear from him for a couple of months. He called and said he wanted to take one of my classes. I said, "How's your liver doing?" He said, "Oh, I'm off the list." Well, I didn't do that. It came through me.

Photo by Linda Lawson

Suzy Wienckowski and her son, Dylan, doing Reiki on her nephew, Adam

When I work, I find I can enhance it if I go into a meditative state and focus on God or the universe. To evaluate all this, the engineer part of me would still like to figure out a way to make a reikimeter to measure these things, but not so far.

I look at doing reiki treatments as energetic bodybuilding. If you lift weights, the more weights you do, the more weights you can accommodate. Well, the more of this you do, the more energy you can pull through. That has an effect on others.

I've had sessions where I'll be working on somebody and I don't feel a bit of energy, and I'll think, "Well, it's not working. Maybe I shouldn't even charge 'em for the session." And they'll get off the table, and they'll tell me about all the colors they've seen, and the fantastic feeling they had, and I didn't have a clue. I'm just there, and it's going through me, but I don't necessarily feel it.

The session doesn't even start and end exactly when we think it does on the clock. The energy may continue to work on people after they leave. It's not unusual for somebody to call me on the phone to set up an appointment, and the energy will start working on them then. It doesn't seem to run on the same time frame as we do.

And again, it's a process, and people may have to do some processing around it. I can make this available to you, I can help you; that doesn't necessarily mean that it will cause you to totally let go of an issue, for instance. It may put you in a position where you could, if you also do some processing yourself.

Metal holds and restricts the flow of energy, so take off any metal you don't need.

And drink lots of water for the next few days to help clear out anything that may come up.

* * *

Our minds seem to be hard-wired to translate reiki from whatever it "is" into something sensory: warmth, electricity, lights, colors, visions. It is in itself perhaps all of these things, perhaps none of them.

I try to grasp it; it darts away. My mind dissolves into it, only to reconstitute later, as I rise, drowsy, from the session, and stretch, cracking the joints in my body—I've been motionless for a long time. In my mind's eye, I'd seen the reiki as a mass of dark blue bubbles around Golden's arms, flowing into me.

I saw some "higher realms"—take it with a grain of salt if you don't believe in them. In a lower region of heaven, I contemplated a cavern of sublimely intelligent gray stone, its tiny crystals sparkling like Mozart's eyes, generating a gentle humor and a great silent music.

Another image depicted millions of dead British people, from the Britain of this dimension and the Britains of many others, all dressed in brilliantly solid-colored rubberized raincoats and boots, seen from below as if the lowest tier were standing on a thick pane of glass above me; legions of Brits arrayed high above in their raincoats of blue, yellow, purple, red, and green. It seemed a graduation ceremony, the spirits having completed their first cycle of instruction in the ways of heaven.

* * *

Mourning the loss of a client, having a baby Kim Falcone, pregnant with her first child, welcomed me into her cozy, well-lit new office just north of Brighton. Her husband Steven called on his cell phone and arrived soon afterward. They are recovering corporate people: they worked stressful, depressing jobs for a soul-brutalizing company for a number of years until finally they just got fed up with it and went in the opposite direction. They studied shiatsu, myomassology, hypnotism, and finally reiki, reinventing themselves as therapists. They describe the reiki practitioner as a jumper cable connecting people with universal healing energy. Kim is very sweet and Steven very earnest; I felt they made a good team.

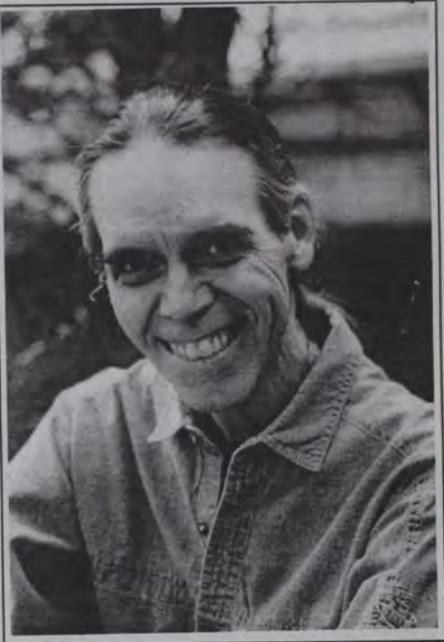

Photo by Linda Lawson

Ray Golden

NH: What do you feel when you're doing Reiki?
KF: Heat coming from my hands. Sometimes my whole body will feel warm. Tingling. Even though I try to keep myself relaxed, sometimes it'll feel like there's so much energy coming through me that my hands cramp up, and I'll need to shake them out.

Sometimes I'll have images that come into my mind while I try to focus completely on the individual and channeling the reiki. I try to keep my mind from thinking, "I really want them to heal this issue they've come to me for," or "I wish this could happen for them." I try not to let my mind go there, just keep it in a real neutral space so that I can be a good conduit.
NH: What kinds of responses do you get from the people you treat?
SF: A lot of it has to do with how comfortable they are with their surroundings. If you're very, very comfortable with your surroundings, you'll let yourself go a lot deeper. A lot of times there are emotional responses when people have their first treatments. We encourage them to let that out. Because, as humans, we bury a lot of that stuff.
NH: What is reiki?
SF: It's what flows within us and without us and causes us to be alive. It's been referred to as prana, as hoponopono, and as God's grace. It exists throughout the universe.

It seems to work best when the practitioner removes himself from the equation and only acts as a channel. We can't begin to presuppose what a person needs. Someone might need a disease in order to come up with some kind of life lesson. So the intent of the practitioner cannot be to cure the disease, only to allow the energy to move in to give the person what they need. It just doesn't work so well when the ego gets into it.
KF: One of our clients was a cancer patient. She lived longer than the doctors had anticipated. She told us before she died that reiki had really helped her shift her priorities. I'm sure having cancer did as well. But she attributed a lot of the changes she made in life to reiki. She was able to connect with her own spirituality and resolve some family quarrels that had been going on for a long time. She felt that the reiki helped her be at peace about the fact that she wasn't going to live. Not that it was going to cure her of this cancer and she would be free of it. Which I'm sure can happen for some people, but it wasn't meant to happen for her. It helped her on a physical level, but…. It was really hard for us at first to accept that. She had radiation treatments and the things that her doctors recommended. She wasn't only doing reiki in order to cure her cancer, she was doing everything else as well.

(continued on page 8)

The Secret Method of Inviting Blessings: Experiences with Reiki (continued)

Kim and Steve Falcone

emotionally and spiritually, it was very difficult for us to watch her die. And to understand that the reiki was a benefit to her, but not necessarily to keep her alive.

SF: Coral. Yeah, I miss her.

KF: My ultimate goal is to help people feel nurtured and comfortable. Whatever else happens as a benefit, that's icing on the cake.

* * *

I told the Falcones my back was sore. Kim gave me a wonderful massage, and then she and Steven both channeled reiki into me. A bit wired from coffee and the drive up from Ann Arbor, I had a hard time relaxing into the treatment at first. Then something shifted inside. Steven remarked on it: "There. I don't know what you did, but now you can flow with it." I became water, flowing out of the mouth of a river into the ocean over colored stones. Later saw four tiger heads floating in an undifferentiated ether. It was a fine treatment, like the others. After it was over, I was charmed when the Falcones said they had the rest of the day off and were going to go out and see *What Lies Beneath*, a very scary thriller about a man whose wife becomes possessed.

* * *

My experiences with reiki seem to have been fairly typical, in that they shared common elements with other people's experiences and were also specific to who I am. The images that came to me related to the sort of thoughts I normally have, especially the idea that spiritual progress is an ascent into higher realms. It's probably not necessary to believe in any type of esoterica to benefit from reiki. It's very interesting stuff and, depending on who you are, you might find it well worth checking out.

SF: The difficulty of having to remove yourself from knowing what's best for her….

KF: After seeing her every week for months….

SF: …She was family.

KF: You keep a professional distance between yourself and your clients, because you need to do that in order to be an effective practitioner. But after you've seen someone for so long, and they've opened themselves to you so much, and they've had these emotional releases while you've been working on them, it's very difficult to separate yourself. While it was a beautiful thing for us that she grew so much,

I want to end on a note of inclusion, bringing in voice from outside the local community. On Traditional Japanese Reiki's website, a practitioner named Dave King provides what he says is a translation of Mikao Usui's original text of the affirmations, "brushed on a sheet of linen." I quote it here not because I think it's "right" and the U.S. version above is "wrong," or vice-versa, but to highlight the mutability of information as it moves from person to person, from moment to moment. And also because from both texts, we can infer that although there may be differences in point of view and opinion, those differences do not matter in the grand scheme of things.

The Secret Method of Inviting Blessings
The Spiritual Medicine of Many Illnesses

For today only, anger not, worry not.
Do your work with appreciation.
Be kind to all people.

In the morning and at night, with your hands held in prayer,
Think this in your mind, chant this with your mouth.

The Usui reiki method to change your mind and body for the better
The founder, Mikao Usui

King glosses the term "reiki": "In Japanese, this pair of kanji [*rei* and *ki*] is usually translated as ghost or spirit, though Nelson's Japanese/English Dictionary offers the translation 'An atmosphere (feeling) of mystery.'"

These fit right in with the other definitions I hear And if reiki is a feeling of mystery, what a fine, lovely feeling of mystery it is. Many thanks to all those who are sharing it with the world.

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My Path with Reiki

by Suzy Wienckowski

I found my true path when Reiki entered my life six years ago after 14 years of practicing a variety of hands-on healing techniques. At the time, I was working at a physical therapy clinic performing massage with mostly chronic pain patients. I developed some physical difficulties of my own and was unable to do my job. In spite of all the different therapies I received, the pain in my arms persisted and stopped me from doing massage completely for a time.

This was a challenge for me, as touch work had always been my passion. I did not know what I was going to do and was open to being guided.

Several months passed and I received a flier in the mail about a Reiki class. The name Reiki was familiar to me but I had never received a treatment or seen a class offered. The flier said it was gentle, easy to do and a complete system for self-healing. I was intrigued. Maybe this was a way I could still do touch work and find relief for my own pain as well.

Reiki Master Libby Barnett of New Hampshire taught the class and attending it changed my life. The initiations, empowering me to transmit Reiki (Universal Life Energy), were profound experiences. There was a strong and clear connection to a force larger than my self; a loving, healing force. Tears of purification and gratitude sprang forth. When I placed my hands on myself a warm, comforting energy moved through me and within me, giving me a deep sense of peace and well being.

As we practiced giving Reiki treatments to one another in class, I was amazed that it felt just as wonderful giving a treatment as receiving one. The entire room seemed filled with an aura of unconditional love as we gently placed our hands on one another, allowing the Reiki to flow. This seemed too good to be true.

By the end of the First Degree class, I knew that I had come home. With Reiki, I had a gentle, natural hands-on method for working with people in a way that was kind to my body, didn't use any of my own energy and actually benefited me as I gave a treatment. Through the daily self-treatments, I had a form for using this energy to heal myself on the physical, mental, emotional and spiritual level. This was an answer to my prayers.

The call to go farther with Reiki was strong. I completed the Second Degree class and after a period of time began to inquire about Master Training. Libby accepted me as a Reiki Master Candidate and in 1994, upon fulfilling my requirements, I was initiated as a Master and joined the Reiki Alliance.

I continued to offer individual treatment sessions and began to conduct classes in the First and Second Degrees. Opening others to transmit Reiki through the sacred ritual of initiation is a profound honor. Tears of gratitude flowed once again. Teaching students to bring Reiki into their lives to heal themselves and facilitate healing in others gives me tremendous joy. Students come from all walks of life, for a myriad of reasons creating interesting, dynamic and fun classes.

In August of 1996, an event occurred that would take me further along on my journey with Reiki. I attended a Master Intensive in the Usui System of Reiki Healing given by the Grand Master, Phyllis Furumoto and the Head of the Discipline, Paul Mitchell. Phyllis is the granddaughter of Hawayo Takata, the woman responsible for bringing Reiki to the West from Japan. Both Phyllis and Paul were trained and initiated as Masters by Takata.

For three days I sat in a circle with Masters from around the world. Hearing the teachings of Takata in this setting, from ones so close to the source, was a precious gift. This was a true experience of oral tradition.

There is a vital energetic of being with Phyllis, the living spiritual lineage bearer, that cannot be received from reading about her or even reading her words. Just like in Reiki class, at a certain point it is time to stop with the words and get to the experience. This is how one truly learns what Reiki is — by doing it.

The intensive was enlightening and moving. I gained a deeper understanding of the Usui System of Reiki Healing and a greater clarity of the form taught by Takata.

I felt tremendous gratitude to Phyllis and Paul for making themselves available to the Master community to share the wisdom gained from their many years of Reiki practice with such openness, patience and compassion.

Since that time, I have traveled many times to be with Phyllis and Paul at other Master Intensives and at the global gatherings of the Reiki Alliance. Each time I return to my practice enriched, stimulated and inspired. The lessons learned have been invaluable. A subtle energetic shift occurred in my classes as I felt more connected to Takata and supported in my path by Phyllis.

Last April, I had the good fortune of sitting in a circle with nine of Takata's 22 Masters, at a Reiki Alliance gathering. Being in the presence of these Masters, who truly embody Reiki, is an experience I treasure. The stories shared in the circle were another cherished experience of oral tradition. I have great respect for all of these elder Masters as my teachers.

Ultimately, Reiki is the teacher. You learn Reiki by doing Reiki. And, I am most grateful for the guidance received along the way from Libby, Phyllis, Paul and all of Takata's Masters that I have met as I walk the path of this ancient healing tradition.

Reiki Grand Master Phyllis Furumoto is coming to Ann Arbor in September.

I cannot imagine my life without Reiki. With a simple touch, this powerful, healing energy brings balance and harmony to myself and to others. This resource is available to me for daily support; during times of trauma or crisis I always have something positive to do. I am so thankful for this gift and am deeply honored to pass it on to others.

Phyllis travels the world meeting with Masters and students. I learned that she was devoting 2000 to North America and I jumped at the chance to invite her to Ann Arbor. I wanted my students and others in the Michigan Reiki community to have the opportunity to experience the richness of being with Phyllis; sharing in conversation with her, and engaging in an exploration of the Usui System and their own journey within it. I am thrilled that she accepted the invitation

Phyllis Lei Furumoto will be in Ann Arbor September 15-17, 2000, conducting a series of one-day seminars for students of all levels. For information contact: Suzy Wienckowski, Reiki Master at 734-665-8665

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A Conversation with Musician and Music Therapist Kathy Moore

Interview by Judy Stone
Photographs by Linda Lawson

Interviewer's note: I have known Kathy Moore for over 20 years. Early in our friendship, in our twenties, we lived in a group household together. At the time, Kathy was very shy about singing publicly though she had an incredible voice. I could only enjoy it by either eavesdropping outside the bathroom door as she belted out tunes in the shower, or by catching her singing as she walked from her car to the house after work. Since then, of course, I have been privileged to hear her perform on many occasions, and have benefited from her skill as a music therapist. I have also enjoyed the richness of developing and facilitating a couple of workshops with her, combining Bioenergetic therapy, my profession at the time, with Kathy's work as a music therapist.

On a lazy June afternoon looking out on her lush backyard, (Kathy told me that she sings to the trees and flowers) we had a chance to chat about the development of Kathy's career as an artist, music therapist, and community builder, and her ideas of the place of music in each of our lives and the life of our community. Betraying my dual role as both journalist and friend, an animated conversation begins before the tape gets rolling. We've begun talking about the transition in Kathy's performing career, and specifically about the challenges of forming working partnerships with other performers.

Judy Stone: I've known you for, what, about twenty years, from when you were just contemplating performing. You've performed with a variety of musicians—Stephanie Ozer, Tim Twiss, Drum Talk, What's Inside, The Riverside Big Band. And you've recorded a CD, "What's Inside". How are things changing for you now?

Kathy Moore: Thanks for that context, because, this relates to what we were talking about— being in a relationship versus being alone, and what that process is like. For instance, Stephanie and I performed together for ten years but the intensity, when we were really ignited and developing together was probably half that. When music making relationships are tight, they have many qualities of intimate relationships.

Judy Stone: So what makes for a good performance relationship?

Kathy Moore: Well, music is an important way that I connect and communicate with people, as a performer with an audience, but also between the people that I do music with. So I want those people to be people who I can talk to, that I want to be around, who I am important to and to whom I'm important. Of course I want them to be fabulous musicians and to have shared goals about the kind of music we're making and where we want to go with it. It's a long list of criteria and it's hard to pull together. i've been through a lot of groups they've all been good and I and have no regrets about any of them, but for one reason or another, each has ended. It gets very tiring, all this turnover which is why I think I'm in transition now about it all. The last one that broke up, that was when I felt like I didn't want to do this anymore.

Judy Stone: It strikes me that for such a spiritual and creative process as music, you need to have a particular kind of synergy with the people you're performing with. Because it *is* so much like an intimate relationship, how many of those can you have in your life, and how much energy can you put into it? It's really a unique work relationship in that it takes so much more of you, and of everybody. How does that work? Is it harder for musicians then to do both – maintain personal relationships in their life and artistic relationships?

Kathy Moore: Well, I do think that, yes, it is hard. What you're saying is exactly true. I was talking with Carol Palms, who plays stand-up bass in the group "The Raisin Pickers". I heard her at one of the Top of the Park things a week or so ago, and her band sounds fabulous. This band has been in existence for at least ten years and they have come so far . She and her husband form the core of the band. I mean she's got everything working together— her intimate primary relationship and her music relationship. Other members of the band had transitioned, but their relationship has remained stable and core, and so the group had continued.

And that's what Stephanie and I had for years. We were a stable core and things changed around us. We went through many, many variations on groups but we were core. I think I've been trying to seek that with somebody else, or with some other group. Maybe part of the place where I'm at, is that I'm coming to a place where I want to think of myself as the core. Then, if everything else changes around me, that's OK. I can manage that. And I guess the question is, do I want to manage that in the context of performance.

Performance is a tough business, very tough. I'm at a point in my life where I'm able to see it from a lot of different perspectives than when I first started on my own performance path. One of the ways is as a teacher, since a number of my students are performers. So I get their stories, and I'm counselor to their struggles. I was just talking to one of them in the last week about an experience where he was supposed to be part of a festival. They were expecting 1200 people, the band was totally psyched, and they traveled all this way to be there hoping this would be a foothold to expanding in this region of the country. Well, they got there, and it was a beautiful outdoor concert with a beautiful bay, but it was 95 degrees – It was too hot. The audience was sitting in the sun, and they didn't stay. Their band ended up playing for less than a hundred people. And it was through no fault of his own – they played well, they were ready, the gig was there, the sun was even out, but. . . And so he was so upset about this because he thought he had done everything to make this work.

I've done that over and over again – laid it all out: this is what I'm going to do, this is who I'm working with, this is our sound, our goal, the kind of music we're doing, how we're going to build it, who we're going to network with. When you're a performance musician, playing the music is in some ways the easy part.. What I said to him was, "Yeah, it takes talent, it takes perseverance, and it takes just plain dumb luck. And if dumb luck is not there, it doesn't work!" And his was the perfect example of that. I can't tell you how many times I've had that kind of experience.

Judy Stone: And that's something I know being in business for myself because those same elements exist. Sometimes it's so important to have people who can remind you that success or lack of it isn't only about you and your efforts, someone who can say, "that's okay, pick yourself up and keep going forward".

Kathy Moore: And in addition to that, because music is so much about communication and connection for me and growth and evolution, I want to have a person who I'm doing that with in a very deep, ongoing way, sharing this process. Then when the gods are not smiling on us and it didn't matter that everything else was in place, you're at least going through it with someone to whom you're very connected in the music and in life. That's my ideal. I always say to my peers who have been in the same music group for years what an incredible thing this is. And they say, "Yeah, it sure is." We all know what a hard job it is to keep a band together.

Judy Stone: Well, Kathy, you touched on a couple of elements that I'd like to follow a bit – one of which is the idea of communion, of communicating with someone in a way that provides evolution or personal growth. I know that you do that in a number of ways – as a music therapist, you work with people one on one, and also as a voice teacher. Can you talk about communication and evolution in those contexts?

Kathy Moore: Yeah. Well it's just natural to make that my work, because that's what music is to me. As a performer I've always wanted that element of depth in the content so that I was a part of people's process of healing and growth. Then when I began teaching voice what started happening

The Crazy Wisdom Interview with Kathy Moore (continued)

was that because of the music and because of the process of opening the voice, people would get into all kinds of things about their lives.

JS: We've had conversations about this, but can you talk about the process of opening the voice, and how that begins to connect people to deeper places?

Kathy Moore: The way I think about it is along the lines of Lowen's Bioenergetic work – that's how I describe it and explain its depth. The body is a template of the person's emotional, psychological life and through life, when you experience trauma, you clench and hold, and if that repeats, then those places become permanently closed and held until you enter into some sort of process to re-open those places. And in the process of re-opening them, you release memory, feeling, whatever, that has been held in that place in the body. The voice for people is an incredible holding place. I don't know that I've ever had anybody come into my voice studio - and that's over a thousand people - who has not had holding in his or her voice in some way or another.

The voice is the highway or the avenue between head and heart, between head and soul, between head and body. It's the main avenue – that throat and neck area – and the voice is the thing that connects us as does the breath. The voice rides on the breath, so we breathe, we take in life, and out comes our life, our voice, if we choose to make sound. And the expression of what's going on in the body, or in the soul, or in the emotional life, through the voice –opinions in a conversation, or a song – is our life. Music is a language of rhythm, melody and harmony. And it's a very complex and rich language beyond the spoken word because of those three elements. So if you combine this voice (which is such an individual expression of self that for all of us has been blocked and held, and holds feelings and memories) with music – I can't think of another language that communicates as well! The potential for self-expression, for learning to live, really live, is incredible.

JS: Do you find that people who come to you, say for a voice lesson, are prepared for what they're entering into? Because what you're talking about is the potential for a pretty profound transformation through using the voice. So if somebody comes in saying, "I want to learn to sing," how do you work to bridge the gap for them, to make it safe to enter that process?

> When you're a performance musician, playing the music is in some ways the easy part… It takes talent, it takes perseverance, and it takes just plain dumb luck. If dumb luck is not there, it doesn't work!

Kathy Moore: Well, that's changed over the years, because, initially, I was "just" a voice teacher. I put that in quotes because, my perspective is that you're never "just" a voice teacher. But I did call myself that for a while, so people would come to me, I think, with less awareness of that kind of thing than what they do now. Now, because I'm a voice teacher and a certified music therapist, I advertise about that depth of connection so I get more people who do understand They might not up front, identify why they're coming to me, the first few times they come in, but they're calling me for some reason.

JS: . . .with some level of consciousness of what they're entering into.

Kathy Moore: Yeah.. And I work with people of all ages who come in for all kinds of reasons all across the spectrum in terms of their willingness to let it be that. And so for some, it doesn't happen at that same level of depth because they're not willing to do that. And I never push it. I think I always talk about the potential, the possibility in one way or another, but, of course, it's the person's choice, and sometimes it is more or less just a voice lesson – the mechanics, learning about the instrument. And yet, even with that, if a person comes in not singing, and they leave singing, something has happened. There's been a transformation. So from there, all the way to people who are coming because they know that this is going to be transformational for them and they want and hunger for it. And then there are people who come in, in a fog and don't really know what the music is doing, but as the years go by, they know it more and more, and they come to rely on it as part of their healing, or their growth. They're becoming more alive. I think singing is one of the most alive things that a person can do.

Imagine what the world would be like if we were all going around singing what we had to say to each other. Can you imagine? [Laughs]. And, in fact, there are cultures where they do that and it is different. In African communities, there's a lot more singing when somebody has something powerful to say; a powerfully felt something comes out in song. And I feel that in a larger sense, part of my work is to make that more part of the world culture – that we sing. That we sing to ourselves, and to each other more, because it is so much deeper, so much more expressive than just talk, talk, talking all the time.

This weekend, *The Sound of Music* was showing over at the Michigan Theater, and they were asking people to sing along with the movie. Have you been to one of these things where people are singing along with the movie? Anyway, as these things happen, one of my voice students came in and she wanted to work on the song, "The Sound of Music," so that brought the song to my awareness again. That was one of my favorite musicals, too. So, I found myself singing "The Sound of Music" in the shower, which, by the way, along with the automobile, is where most people do their singing. I found myself listening to the words in a different way than the last time I sang it, which was years and years and years ago, I'm sure. That song is about what I do, really. It talks about how the sound of music is in the world around us. What I'm always doing when I do therapeutic work with people is to emphasize, number one, that they have music in them, they are musical, that music is all around us. All you need to do is open your ears and begin to hear it and begin to use it to make your own music.

There's a question posed that I think about oftentimes with people, "What is the song, what is the music between where the person is now and their most alive voice, their most alive, singing, musical self?" The process of that music that's in between, that is my work in therapy, it's helping them to write that song, their true song. In *Women who Run with the Wolves*, Clarissa Pinkola Estes talks about the true song, everybody's true song. I mean, this idea is not my unique creation. So anyway, the words to "The Sound of Music"—"[singing] The hills are alive with the sound of music, with songs they have heard for a thousand years. The hills fill my heart with the sound of music. My heart wants to sing every song it hears," And then the whole part about the brook that's skipping along the stones and the birds' wings … and that is the music all around us. I mean, if we were really open to it, we wouldn't be able to help but break out into song. People would be breaking out into song down Main Street all the time. But we're not, we're not breaking out into song. If we were really alive, we would be singing all the time. And it wouldn't always be a joyous song. It would be a dirge, and very sad, and very hard to listen to and hard to be in, too, because that's part of life also. But, you know, just imagine what that would be like [laughing].

JS: I'm reading Jean Houston's *Passion for the Possible* and she speaks about it in a different language, but she talks about opening the senses and basically being attuned to all of that music, whether it's color or sound or smell. It's all vibration. It's all about being alive to those vibrations and to our own, and music is certainly one powerful way to wake up the vibration within.

Kathy Moore: Yes. And speaking of vibration, we can talk about the mechanics of voice, since you asked me about, the process of this opening of the voice. One of my goals with everyone I work with is to get them to be able to move through a fuller, if not the fullest range of their voices with ease, flexibility, and evenness of sound. We don't use much of the range potential of this instrument. I think when somebody's calling for voice lessons, saying, "I want to sing" or "I want more voice," it can't help but be a subconscious heralding back to childhood when they used their voice with so much more ease and expression and so much more joy and self-discovery — we lose track of that as adults.

JS: Well, and it strikes me that children, before they have motor skills, before they have language, all they have to get

their needs met, is their voice and we lose that progressively as we grow older.

Kathy Moore: Mm-hmm. And culture influences that and directs that. Western culture is very left-brained. It's very analytical, and even looking at the evolution of western music versus music in other parts of the world it's a statement of that left-brained orientation here. In the history of western music, it was a voice-centered music until a certain point, and then it became an instrument-centered music, which, when you think about it, is quite a statement about the progress of a culture.

JS: How did that happen? Do you know?

Kathy Moore: Well part of it had to do with technological development. The technology was developed to create instruments that could do more range and had more flexibility and volume. The piano was one of those instruments that was developed and that changed the course of western music.

JS: Interesting, because that's such a story of western civilization, the fact that we're always looking for machines to supplant human functions, and sometimes that's to our betterment and, clearly, sometimes it's to our demise.

Kathy Moore: Yeah. Well, it's an interesting question that you can have quite a debate about. There certainly are those who feel strongly that we can do it better than what we were given, not just in the humans but that we can do better than this natural world. And then there's the other side, which says all the wisdom is in the natural world, but the only way that we can truly achieve our best is by integrating the two. I think we're at a real turning point again in human history in terms of what's happening. We talk about having capacity to create something better than you're born with. You know, all the stuff that's going on with genetics and re-engineering body parts, the "bionic man" kind of thing. The question of do we follow the path of the cleverness of human beings—and if we do, because obviously we do, how do we evaluate our choices? Western culture seems to lead the world in terms of the measurements we use to make choices and I have real questions about those measurements. The gross national product for instance, this number we use to tell us whether or not we're successful in the world—but this number doesn't say anything about whether it's environmentally sane or whether people are happy. What part does the natural world play in that? Does it play any part at all? Is it

> **The voice is the highway or the avenue between head and heart, between head and soul, between head and body.**

ven important? Sometimes the way we act, it's as if it's not ven important.

S: When you talked about whether we follow "human leverness," it's really a question of do we follow the brain vith the heart attached or without the heart attached?

athy Moore: And there we are, back to the voice. Do we ave the brain connected through the voice, through the hroat, to the body and the heart, or do we cut it off? Do ve cut off the head and carry it around in a box? A head vith a voice, a mechanical voice, and it doesn't sing. Laughing] It doesn't sing. Except as a gymnastic exercise. here are singers who are gymnasts. There isn't a lot of motional content in their voice. They're very popular, ome of them, very big in pop music. I can't stand them. I vant emotional content.

S: You want a whole …

athy Moore: I want a person in the voice that I hear. I vant the person to be present in that voice.

S: So from this masculine technological emphasis, this eems like a good place to segue into the work that I know ou've done with adolescent boys; some rites-of passage work. I'm really curious about that.

Kathy Moore: Boys and girls, actually. I'm really interested and would love to do a dissertation on what happens in adolescence in boys versus girls in terms of singing, and why. But I have a son, so my interest in what happens to boys, is influenced by that.

JS: And what do you think?

Kathy Moore: I think even under the best of circumstances, navigating the transition from boy to man is very difficult. Boys reach for their manhood via this low, adult voice that becomes possible. The process will vary—some go below and never come up again, other voices crack and it's embarrassing to the boy for this higher, feminine sound to be bleeding through. I have adult men who come to see me for voice lessons and the higher range is always an issue. I have older adolescent boys come in too, but the young ones don't come.

JS: And what about adolescent girls?

Kathy Moore: Adolescent girls do. They are singing, and they want to sing, and they want to sing with full openness, and they're capable of it.

JS: Do you think the changing voice is the only reason you're not seeing adolescent boys?

Kathy Moore: Well, I think part of it is the same thing that we were just talking about a few seconds ago, this head versus heart, this machine versus live being.

JS: That boys somehow feel that being successful in the world means being a brain without a body or a brain without a heart?

Kathy Moore: Yeah, yeah. And that's our culture. I mean, our culture perpetrates that, and we don't give boys, as they age, we don't give them very much room to be human, really, and I find that very sad. Not that there aren't very positive, powerful components of maleness, because there are. I think they're manifested all over the place, in the bridges across great rivers that we build and … you know, there are a lot of positive aspects of maleness. The trouble is that the positive aspects of the femaleness are really behind, trying to catch up. But it's the same conflict between the natural world and the technological, you know, and the boys are into the technological.

JS: So what have you been doing for adolescents in terms of music?

Kathy Moore: Well, as I say, I work a lot with girls in voice lessons, adolescent girls who just come to me, and we work on their voices and singing. And I've done some rites of passage work. It was a mixed group of boys and girls.

JS: So you were actually working with them musically?

Kathy Moore: Yeah, yeah.

JS: And how did you work with them, or what form did that take?

Kathy Moore: Well here's a couple of examples of things that I've done with groups that have had both boys and girls, or guys and girls, at different ages. One was a songwriting experience where the group wrote lyric ideas about their process of going through a transition, crossing a bridge in their lives in terms of growing up and how they felt about that, the pluses and minuses. It turned out to be a terrific song. Writing a song, the music, provided everybody with an opportunity to talk about their feelings, to express them in some way, and some of those feelings that were expressed were sad, alone kinds of feelings, feeling unsure, feeling scared, and I know a number of those came from boys. Now those kinds of feelings for boys, especially as they age, become men, get harder and harder to keep expressing, to keep connected to them, to keep valuing them in any way, and the music provides a way for those things to come out. I mean, writing lyrics is in some ways a much more conscious way.

Another example that comes to mind in working with a group of boys and girls was improvisation. I had a bunch of instruments out, the kinds of instruments that people can pick up and just play, you know, usually they're percussion-type instruments or some non-tuned melodic instruments. So you don't have to worry about whether you're playing in key or if you even know what "in key" means, you know, you can just pick the thing up and hear it and play it. And then I always incorporate voice. I always try to give permission for voice being an instrument and including that in these improvisations.

JS: And do you find that boys are more self-conscious about including their voices?

Kathy Moore: Oh no, no. I think that the music provides a way for the boys to have those feelings and to express them and to be validated for them.

JS: So even when you invite them to begin to put the words or feeling into voice, that was relatively easy?

Kathy Moore: Yeah. I mean, I think they welcome it. I think they hunger for it, really. Which is why I think it's so great when I see anybody, male or female, involved in music, because it's allowing that fuller expression of the self. It's interesting though, if you go to a choir in junior high school, it's either all girls or just a couple of guys. Mostly young adolescent boys aren't singing. As they're becoming men, it's kind of an awkward process in terms of the kinds of sounds that are coming out as the voice is changing.

JS: As a little aside—do you think that keeping the voice open through singing would help that voice change be a smoother transition?

Kathy Moore: I do. Yeah, I do. I do believe that. With a lot of adult males that I see, I end up helping them bridge that gap that was made so many years ago, so that they've got their voice intact again, their full range. There's an incredible—and this just isn't with men, it's with women too—there's an incredible fear, almost, of that high, head voice that we have, we all have a capacity for, but everybody, or most everybody, is so weirded out about.

JS: About the higher pitched sound?

Kathy Moore: Yeah.

JS: I know in Bioenergetic work it's that high-pitched voice that often opens the holding and brings you into contact with a much deeper place in yourself. Do you see that as being behind the fear?

Kathy Moore: Mm hmm. I mean, simple physics, when you're making a high-pitched sound, you're vibrating at a very rapid frequency. When you're making a low-pitched sound, the frequency is much slower. So it makes sense that to unlock or unleash, you'd need that fast vibration, which is the high voice.

JS: Yeah. It rattles the cage.

Kathy Moore: Yeah. It does. It rattles the cage. Not that the low voice doesn't, cause it does, but it's a different way, and most people have quicker access to it, although that's not completely true either. Actually, what I think is a truer statement is that people have trouble with both extremes of the range.

JS: The high and the low.

Kathy Moore: The very lows and the very highs, and that's why we relegate ourselves to a limited version of our range and walk around that way. That's how we live, and that's what we show, when really this expanse is possible. But yeah, to go to either end rattles the cage.

JS: We were talking a minute ago about the defacto sex segregation in junior high choirs. I want to go back for a minute to your work with adolescents and ask you about whether you noticed any kind of change in the quality of relating between young men and young women who participated in these groups?

Kathy Moore: Yeah. I mean, I think it provides the potential bridge for people to be able to share in a more human way, more real and with more depth. With the improvisation, I told them that they could bring somebody into the group that was a support person to them in their lives and to choose an instrument to represent that and play that.

JS: In a figurative way, to bring a friend in?

Kathy Moore: Yeah, in a figurative way.. And then what happens in an improvisation is that initially, and this is usually the way I instruct it, too, is you start with your own sound. You start by focusing on what it is that you're feeling, thinking, whatever, choose an instrument that helps you voice that, including of course, the voice. Which most people, by the way, do not choose. Then I ask them to play it and to discover how to play it, what kinds of sounds can you make and what resonates with what you want to experience. So it's a very alone, self kind of thing initially.

As the improvisation goes on, the next stage is to start to open to including the sounds around you and to how your sound sounds with those. At first it's sort of a black and white kind of thing, and then it moves to more immersion or integration and allowing your sound to be affected by and changed in interacting *with*. Sometimes the interactions are more between two or three or four people in a larger group and sometimes they're whole groups. And it is incredible what happens in these improvisations with people, the stories that are told in the music. Of course, music therapy is music, but it's also talking, so we do a lot of talking, in processing these experiences afterwards. We talk about what happened for people, where they went, what they thought of, what they felt, what somebody else was doing and how that affected them.

JS: It really is about relationship-building with yourself and then with yourself and with the world, and that really takes people through the developmental process from infancy to adulthood and learning to be in a relationship. And learning to bridge our differences.

> And then there are people who come in, and they're in a fog, and don't really know what the music is doing, but as the years go by, they know it more and more, and they come to rely on it as part of their healing, or their growth. They're becoming more alive. I think singing is one of the most alive things that a person can do.

Kathy Moore: Yeah. It's an incredible thing. What a gift for us to have music. You know, my God, what would we do without it? [Laughing] I don't know what I'd do without it. I know that I wouldn't be here the way I am without it, that's for sure, but neither would the rest of us. You know, there are so many topics that we've started talking about, Judy, that I feel like we've just kind of glazed the surface, and there's so much more to say, I keep going back in my mind to them, it all feels so related. The archetypal stories and images that so much of life seems to come back to, like the natural world versus the—what did we call it? I was calling it "human cleverness," but it's the mechanical mind, technological science face, "there's an explanation for everything," mindset. The female-based religions, they're earth, the womb-as-mother earth connection, so the female is the natural world, more or less, and the male is the other. But the bottom line is that it's neither the natural or technological, masculine or feminine, that's right, it's the integration of them. And that's the thing about each one of us, whether we walk around in a male or a female body, we need both aspects of ourselves to be whole persons. That's my goal for myself, and it's my hope for the world and the people and the beasts in it. I see music as being a very unique and powerful process for encouraging that. So that's how it fits, in a nutshell, that's how it fits into the rites of passage.

Performance Network

JS: Kathy, for a number of years you were primarily a voice teacher and then you made a decision to go back to school and become a certified music therapist. I know that that's really changed the focus and depth of your work. Could talk about that a little, what the difference is between the two and how you made the shift?

Kathy Moore: [Laughing] I'll sure try. In my teaching, I was noticing that as people developed more range and ease with their voice, and as they could bring more emotional expression into a piece of music, often there would be a release of emotions and memory. I think again about Bioenergetics and the fact that a place of holding seemed to open and I have people sobbing and unable to complete a song. So my role shifted. I already had a degree in psychology, so I had an orientation towards this kind of thing anyway, and seeing what happened and having an understanding of it, I would work with the person and whatever came up. So that was good, and it made sense to me, and I felt comfortable with it, but I didn't feel calling myself a voice teacher really said everything about what I was capable of doing, nor did it legitimize enough. I wanted to go back to school and do something, and I looked at advanced degrees in psychology and an MSW and all these different options, but what I really wanted to do was therapeutic work through music, through voice specifically. I ended up going to music school and becoming a certified music therapist, which entailed, for me, mostly, continued study in music, since I already had the psychology degree. I had placements, working in a public school, working with developmentally delayed and autistic children and working in a psychiatric hospital, all of which gave me an expanded idea of what the possibilities were as a music therapist. I finally ended up getting my certification through the American Music Therapy Association. That was about five years ago.

> It's this dumpy looking building there on 410 West Washington, but I've often thought of it as the heartbeat of the city...Where else would you walk out of your workplace into the parking lot and find people dancing under the streetlights...

JS: One of the things that you've done since becoming a certified music therapist is to work with survivors of incest and other sexual abuse and using music as an integral part of the healing process. Could you talk a little bit about that?

Kathy Moore: Mm-hmm. Let's see. Well, this in-and-of-itself is an example of how my practice has evolved and changed since I became a certified music therapist. What I found was that I was getting people who needed help working with their voices, and that was, again and again, survivors of incest, because that situation affects people so that they lose their voices. They're told to keep it quiet, don't tell, and so they started to come to me for help with that. When I saw that there was a pattern, I put it together with the idea of women's circles of sound that I wanted to start doing, which are music therapy groups.

I've been doing those now for about five years, probably done about five different groups lasting anywhere from six months to ... one lasted longer than two years. They're small groups of about five or six women. I always prepare the agendas for the groups, and there is focused music voice therapy towards the particular goals and objectives that the clients in the circle have, working together as a group. We'll do things like, people will bring in examples of music that we listen to that helps them process and express and feel their anger. Or people will bring in recorded music or sometimes actually sing or play music, if they're singers or musicians, and then we'll share that with each other —maybe just talk about it, or maybe use that music to do some further work. Like, if it's a piece of recorded music, we might drum with it, or we might do some movement with it, and then always talk afterwards about what that was like for people and what happened.

Another thing that I do is a lot of music improvisation, and when you're using music in improvisation, as a music therapist, I'm doing a lot of the same kinds of things that any therapist does in a group therapy situation. I'm listening, I'm supporting, I'm mirroring, I'm feeding back, I'm challenging, sometimes pushing, but I'm doing all that with music rather than verbally. And so because it's a language that's more right-brain than left-brain, because it's music, it moves the person physically as well as emotionally and psychologically. I think music, which includes rhythm, harmony, melody and lyrics expand the possibilities within a group situation.

Let's see, other examples of what we do in the circle of sound. Well, the voice is really a reflection of a person's inner landscape. Everybody has an inner landscape, okay, of sound or songs or things that go around in your head that you don't say out loud but that are circling around in your mind. So part of the work is, for people for whom their inner landscape is getting in the way of being in their lives in a full and healthy way, is to get that inner landscape out in some way.

JS: So when you talk about inner landscape, are you talking about things like the messages or the tapes that play in our brain, maybe critical messages or self-defeating messages and things like that?

Kathy Moore: Mm-hmm. Yeah, yeah, getting those out. It's like putting the shadow self out there in front of you, and sometimes I do that by directly connecting it to the body. I'll set up imagery; I use imagery in music a lot in my practice. I'll ask somebody to focus on a place in their body that feels tense or they're holding, and then I'll ask them, using the breath, to focus on that place. Is there a sound that they associate with that place? Can they hear it in their inner ear? If they're comfortable, can they voice the sound? A lot of times people won't, especially the first time around, voice it out loud, but they might voice it in their inner landscape and then continue to work with the breathing and the voicing. We see what that builds toward. Are there images, actual visual images? Are there further body images that start to happen? Emotional stuff, did that begin to come up? After the imagery experience, and that's the preferred word in music therapy, to call these things our experiences, because they really are experiences, we come back as a whole and process and talk about what happened.

A lot of times I use drawing as a way of processing because in a lot of ways it's, well, it's certainly a different language than verbalizing all the time. And sometimes people can say something in a picture that they couldn't possibly put words to. I think that's the other thing about music therapy for people who have experienced situations like incest where there really are not word to adequately describe what the person's experience has been, what their feelings are about it. The words just are not enough, so music, the art, offer a much broader canvas for a person to begin to try to explore such a complex and confusing and awful tapestry that they've inherited, and voice that.

JS: Shifting focus, I know you've done a lot of things at the community level to use music as a tool in community building. You've done the Sacred Song circles at the holidays. I've been to a couple of those and they're wonderful and I know you're active in the community in other ways. Could you talk about some of those?

Kathy Moore: Sure, yeah. The Sacred Song, we might as well start there. That was something that I was actively involved in the beginnings of, back a few years ago now. Elise Bryant was at the head of that initially, and Elise and I used to get together for lunch and kick around ideas. One of our thoughts was, wouldn't it be great to get a group of people together and have each person bring a song that feels sacred to them, share it with the group, teach it to the group and then do a show performing those pieces. And so that's what we finally did around the Christmas-Hanukkah time, and we called it Sacred Song, and it was very successful. It's continued to be successful as a traditional, annual thing that happens. That group, the Sacred Song group, has really gone beyond just that annual holiday thing. They do concerts all the time, usually in connection with one political endeavor or another, so that's definitely a community building kind of thing.

I do community building with the women's circles of sound. I've done, as I said before, about five of them so that's about twenty-five or thirty women. I do community building in that group in a number of ways. For instance, sometimes we'll do songwriting together. There was one situation in particular that I'm thinking about where we started a song in one group and we didn't complete it. We had, I believe, a verse-chorus section of a song, so then in another group, I brought in that same song, and we wrote another section in the second group. And then in another group, we took the completed song and I sang it, and people used it for their own personal work because it was such a powerful song to them. It was something that we used a number of times in the course of the group. In the group where people first heard the completed song, it was more than they could take in initially, but as we went through the group, people started to be able to sing this song that came from, that was written by, other survivors. So that's a real community building example. Someday I'd like to get all these groups together, do some kind of big day-long thing. I think that would be fabulous. That would definitely be a way to build community.

In my teaching practice, I do recitals. They're really recital workshops because I always start off with us doing warm-ups and some technical voice stuff together and then move to singing together so that it creates community. Then from that, people get up and do their thing. Sometimes people in my practice have gotten to know each other through these recitals, and maybe next year they do something together, they sing a duet together, or somebody accompanies, plays, backs somebody up in bass. And the other thing about this community building is that people hear each other year after year and can see each other's progress as well as experience their own, and it's kind of a neat thing.

One other community building thing I feel really good about was the concert that I did after the ordinance in Ypsilanti was passed a couple of years ago for gay and lesbian rights. That was such a hard battle and struggle, and when it was won, I really wanted to do something that was a community celebration. My band at the time, "What's Inside" along with Jeanne Mackey and Don and Matthew Alled were the primary entertainment for the night. Elise Bryant, who had moved to D. C., came in and did some stuff with us. It was a great night musically and in a lot of ways, but I really wanted to make sure that it was a celebration that went beyond the gay and lesbian community to include a larger, focused community. So we made sure that the money that we made that night went to a gay and lesbian organization, Ozone House, which gave it an inter-generational focus, and the NAACP chapter in that area, so that we were crossing the lines of race. We also asked a spokesperson from each group to get up and talk about what their group was doing. It was very exciting for me to see this vision come to fruition and to feel like I was an integral part of making the bond between different subcommunities so that we could become a fuller community together. It was truly wonderful.

JS: Music is such a great way for people to get together and share something with each other that is in some ways an intimate sharing and in other ways a safe way to get to know somebody that you don't really know.

Kathy Moore: Right. That is so true, Judy. For myself, I'm not a big party person in that I'm not big on going into groups of people and trying to make small talk. But I love going to a party where there's music and a jam session; I'll just launch into that. And that is exactly what you're saying. It's fun, it's social, so it's more accessible but it's not just icing or something. There's always a depth and an unexpectedness about it, and it's really wonderful that way.

JS: I know that you've had your studio down at the Performance Network for a long time and that some things are changing down there, and I wonder if you'd say a little about that.

Kathy Moore: The Performance Network actually is the theater over there, and they're having to move also because of the changes that are happening in the building. When I first moved into that building, about fifteen years ago, it was called the Artist's Network. Briefly, the history of that was that somebody said "Hey, if you offered these studio spaces to artists, I'm sure it would fill up." And sure enough it did because, of course, there are a lot of artists in this area, and they all needed studio space, and it was affordable at the Network. And then I believe the building changed ownership, and they took the Artist's Network sign down, and it became the Technology Center, which is what it has been called now for quite a while. So it hasn't been called the Artist's Network for a long time. but it is still filled primarily with artists, painters, dancers, graphic artists and musicians. There are other businesses there too, but it's really a meeting place of so much of the arts community here in Ann Arbor. And when it goes, which it looks like it's just a matter of time here, that's it— when it's gone, it's gone. I don't think that building and what it has been and what it has housed will ever be replaced.

JS: What do you think that will mean for this community to lose that congregation of art, spirit, and community?

Kathy Moore: Well, of course, it won't be entirely lost. It'll be spread around more. I've been looking for a new studio space for about a year and a half now and what keeps cropping up is that when I leave the Network, I'm going to be possibly off by myself someplace. And I love working in this building. The neighbors on one side of me paint, the neighbor on the other side of me sculpts. Across the hall is another painter. Down the hall is a violinist and a trombone teacher. Downstairs is a printing press. On the other side of the building are dance studios. I love being where everybody is and being a part of it.

JS: There's so much life in that building.

Kathy Moore: I've often thought of that. It's this dumpy looking building there on 410 West Washington, but I've often thought of it as the heartbeat of the city. I'll never forget one night I came out from work and it was dark out. It was probably around ten p.m., and I came out into the parking lot, and the parking lot lights were on, and there was a group of about ten or twelve people who were dancing out in the parking lot. It was some kind of rehearsal for something that was going to go on, I think at the Performance Network, or possibly one of the dance studios. But I just thought, "[laughing] Where else would you walk out of your workplace into the parking lot and find people dancing under the streetlights just kind of as a matter of an everyday work kind of thing?" And it's that kind of life that's in that building. It's a sad statement that it's probably going to turn over and disappear and that even while it lives, it lives in this, as I say, pretty dumpy building. It's just like that bumper sticker says, "You gotta have art." And it's the truth. Can you think of what life would be like without music and art and dance; it would be pretty pale in comparison. It's not just an alternative or something that's icing on the cake. It really is the cake itself [laughing]. It's even the main course, you know?

JS: This is a community that I think of as supporting arts. I mean, the university is here, and we bring in all kinds of cultural events, and there are tons of performing artists in this town. But this is the only "multi-arts institution" we have here.

Kathy Moore: In terms of the community outside of the university, yeah. There's the Civic Theater, which is also having trouble maintaining its space. All the civic art groups are kind of limping along, barely making it. I hope to be able to coalesce with at least a small group of other artists. I'm talking to Kay Yourist, a local potter and I just performed in a benefit for Suzanne Willets-Brooks, who's moved from the Network over to the new Riverside Arts Center in Depot Town. I'm hoping to connect with some other artists, art groups, art therapy kinds of people, and buy a building together, so that we still have something like this, even though it won't be as extensive, I doubt, unless we find a corporate sponsor [laughing], somebody who's got money.

JS: Right. Well, how do you think this community that's not the university community, but the town community, could support the arts more than…?

Kathy Moore: Hmm. I don't know that I have an answer for that right off the top of my head. Um, I think recognizing its value, just recognizing the value of it, and not being afraid to make those things an integral part of your life—dancing yourself, singing yourself, participating in it. It would be great if property owners or people with money would have the vision to create an affordable space to keep something like the Network going.

JS: Individually bringing it into your life.

Kathy Moore: Yeah. Cause it really is a basic need, I think, to be involved.

JS: I think there's a need for expression. Probably the most important thing that art is (whether it's music, visual arts, dance, whatever) is that it's a vehicle for expression.

Kathy Moore: Well, and there's all kinds of arts. There's the art of gardening, landscaping. There's the art of being a good sound technician or interested in electronics or something. I mean, everybody's calling and love is in a way their art, and so putting it all together is a wonderful thing to do. It would be great to have an art center that had a wonderful garden [laughing] and terrific electronic equipment and a wonderful stage and lights and that everybody's art was expressed through it. That would be truly, truly wonderful.

> I found myself singing "The Sound of Music" in the shower…I found myself listening to the words in a different way than the last time I sang it, which was years and years and years ago, I'm sure. That song is about what I do, really. It talks about how the sound of music is in the world around us.
>
> …[singing] "The hills are alive with the sound of music, with songs they have heard for a thousand years. The hills fill my heart with the sound of music. My heart wants to sing every song it hears."
>
> …I mean, if we were really open to it, we wouldn't be able to help but break out into song. People would be breaking out into song down Main Street all the time. But we're not, we're not breaking out into song. If we were really alive, we would be singing all the time. And it wouldn't always be a joyous song.

JS: So what's in the future? What are you looking ahead towards? Any new projects or…?

Kathy Moore: Well, last year at this time, I was in three different bands. I'm not doing any of those things—well, a little bit of Riverside, the Big Band, still—I'm kind of in a "wait and see" period. I'm going out and about a lot, listening to live music and seeing live productions. I want to feed myself that way, and I've got some ideas germinating. One favorite idea that I'd love to do at some point is put a band together, maybe head the band myself, which is something that I've not done by myself, and I'd love to call it Trance Trio. This is a name that came out of one of the other groups that I was getting together with for a while. We joked around about calling ourselves the Trance Trio, which I think is a hilarious name, and the way that I would be using it now is in terms of the trance potential of music, which is really a trio of elements, that being harmony, melody, and rhythm. And Trio is not necessarily that there are three members in the band, but that there are these three elements of music. . And it's kind of a nice mix of something that's thoughtful and humorous too. So I like that name.

I'd like to do a project that uses some jazz. That's been a big part of my background, but I've never been a jazz purist, so I'd like to have some of that be included in what we do. But I love improvisation that doesn't have to be limited to what are considered jazz chords and jazz structures and so forth. I love lots of rhythm, lots of different kinds of percussion going on, and I love what happens when you set up a repeating kind of thing, an ostenato in the music. It creates an environment through repetition and how it builds and develops, that allows people to enter into kind of a trance or a different state. And then putting words to it that are words that need to be said and sung out loud, you know, words about love, words about empowerment. I think these are things that people need to be saying to themselves and to each other more, rather than what a lot of the words are in music — you know, the typical love lost kind of thing, not that there's anything wrong with that, but there's plenty of that already done.

JS: And there's lots more to be said than those things

Kathy Moore: Yeah, there's lots more to be said. And so to get people to hear those words while they're hearing this cool tune that's going through their mind, that's also a phrase of meaning—it's something that's very healing in and of itself. When you've heard something to music, it's easier to take it with you when you leave. You keep thinking about it, and you might even take the rhythm and the tempo of it, so you're moving to it as you leave it, and that's a wonderful way to help people in their healing. I try to use that concept in music therapy groups too. Once in a circle of sound group I put the serenity prayer to music. That's such a powerful—

JS: From the twelve-step groups.

Kathy Moore: Yeah, from the twelve-step program. And people use that serenity prayer way beyond just the twelve-step program, too. So I put that to music, and, you know, it's got a rhythm, and it's got some different vocal parts, and people can sing that now and take it with them.

JS: And I know you have an idea for doing some work with cancer patients.

Kathy Moore: Well, what happened—I was talking to Elaine Simms over at the Gifts of Art program at the University of Michigan hospital, and she's got connections with a couple of coordinators and directors of programs. One is the cancer program, another is—there's a lot of attention recently being paid to complimentary and alternative medicine, which includes music therapy, so there's a coordinator of that program. And there's talk about what direction these things are going to go in, and maybe even setting up a building that would be separate from the hospital for these kinds of programs. I'm going to be getting together with them at some point and talking about music therapy in connection with what they're doing. I don't know how far my involvement will get, but certainly if they're [laughing] setting up a building, and they might have a studio space for me…you know, you never know how this is going to happen. But that's a potential thing there that I would be interested in.

I'm very interested in working with things that are directly involved with helping people with brain or mind disorders or dysfunction—closed head injury, ADD, different kinds of things like that. I have a number of clients in my private practice now because music can really impact what's going on in the brain, and I enjoy doing that. But my primary focus is in helping people to cultivate health and live more alive. That's where my greatest interest lies and where I see myself.

JS: Well thanks, Kathy. This has been great. Talking with you has certainly given me a fuller appreciation of music and all the ways music can be used. And it's a reminder for me, the importance of bringing music into my life and the importance to the community for each of us to bring music into our lives.

Kathy Moore: Well, you know, music moves. Music's a container for experience. Nothing works better to remember something than to put on a song that you used to listen to when you were an adolescent or something and boom, it all comes back. It's incredible. So, I'm very happy to do the work that I do and really am glad to have a chance to talk about it.

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Acupressure, Reflexology & Shiatsu

Shiatsu Workshop at Ann Arbor Institute of Massage Therapy with Jane Anderson • Nov. 10-12, 8:30-5:00 each day • This introductory course of the Japanese healing art is a system for healing and health maintenance. With its beginning in 200 B.C., it is widely practiced today. Students will learn basic oriental philosophy, location of meridians as well as some basic acupressure that can be integrated into other massage work. $325. Call Connie at 677-4430; fax 677-4520.

Self-Acupressure with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Wednesdays, Nov. 29, 6:00-8:00 p.m. • There are some easy steps that you can use to help relieve stress related tension. This class will introduce some to the potent points on the meridians. With the touch of one's own hand, using massage, gentle pressure and focused intent, one can facilitate the release of tension promoting the circulation of one's Chi in that area. Students will focus on techniques of Acupressure and the Acupressure potent points that release physical tension. $50. Call 741-0695; www.peacefuldragonschool.com.

Animals

The Animal/Human Energy Bond: Holistic Healing for You and Your Animals with Betsy Adams, Marliesa Back, Marie Schoonover and Antoinette Thoin • Sundays, 1:00-5:00 • All classes are geared to holistic health for you and your animal with emphasis on the animal/human energy bond. $50. Call Betsy Adams at 475-4230.
Aug. 6: Birds
Sep. 17: Nature Stories
Oct. 15: Trees and Your Pets
Oct. 22: Crash Course in Homeopathy

Energy Healing with Animals with Ray O. Golden • Sept. 9 and 11 or Oct. 29 and 30; Saturday 9:00-6:00, Monday, 7:00-9:30 p.m.; or Dec. 17 and 18; Sunday 9:00-6:00, Monday, 7:00-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724; intuitivehealth@aol.com.

Pet Power with Antoinette Thoin • Sep. 7, 7:00-9:00 p.m. • Increase your peace of mind and your pet's health and happiness. Stop behavior problems before they begin. Explore fun exercises and easy strategies to support your pet's intelligence, self-healing power and comfort. $35. Call 327-2800.

Spiritual Stories for Pets and Their People with Antoinette Thoin • Sep. 17 • Activities, stories and exercises to help you support your pet's well-being, health, quality of life! Enjoy in-the-moment spiritual stories, tips and time to work with their personal meaning. Pets welcome. $50. Call 327-2800.

Feng Shui for You and Your Pet, Part I with Wendy Warrick • Nov. 13, 7:00-9:00 p.m. at Crazy Wisdom's Meeting Room • Feng Shui can play an important part not only in your health and happiness, but that of your pets or animals as well. Learn how to integrate the principles of this ancient philosophy to help your pets to be better adjusted, happier and healthier in their environments. Discover how feng shui can bring resolution to behavioral problems and how to use it to harmonize relationships between pets/animals and their humans. $30. Call 913-9619; wendygaia@aol.com.

Feng Shui for You and Your Pet, Part II with Wendy Warrick • Dec. 4, 7:00-9:00 p.m. at Crazy Wisdom's Meeting Room • We'll go into deeper metaphysical aspects of feng shui as it applies to your pets. Even though we may not be aware of it, our animals are hard at work on the feng shui of our environments. Learn how to read the signs to understand what their specific role/job is in maintaining good chi in your environment. Learn what messages your pets are giving you in regards to your life through deeper metaphysical aspects of this ancient art. $30. Call 913-9619; wendygaia@aol.com.

Aromatherapy

Essence Point Aromatherapy and Essential Oils Presentation with Lorna Brown • Nov. 10, 7:00 p.m. • A deeper look at the history and uses of essential oils, including physical, mental and emotional applications. Fun to use and very effective. $10. Call 913-9830; essencepoint@hotmail.com.

Artist's Way

Artist's Way Groups with Sue Webster McDonald • Tuesdays, Sep. 15-Dec. 5; 6:00-8:00 p.m. • This class is based on Julia Cameron's classic book on creativity, *The Artist's Way*. It is designed to foster the discovery and recovery of creativity in the arts and all aspects of life and is appropriate for professionals and non-professionals. $25 per session. Call 747-9191.

The Artist's Way with Jill Blixt • 12 Mondays beginning Sep. 18, 9:00-Noon • The Artist's Way is a proven, powerful process that helps individual's unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a hand-crafted life no matter what form it takes. $30 per week includes supper and art supplies. Call 665-4577.

The Artist's Way with Andrew Taylor • 12-week workshop, Mondays or Wednesdays, 7:30-9:30 p.m. • This workshop is a time tested, user friendly, proven to work process. The best-seller, self-improvement book by Julia Cameron is designed for both artist and non-artist. The book works under the encouraging and supportive principle, "We are all created, creative beings." In a safe group setting, the course guides students along their life's path. It helps them break through their creative blocks, systematically achieve their goals, and in the realm of reality, create the lives of their most impassioned dreams. $100 or $10 per week. Call 669-4262; drewman42@yahoo.com.

Astrology

Magick by the Stars Seminar with Silver Ravenwolf sponsored by The Seeker Journal • Sep. 30, 2:00-3:00 • Learn to fine-tune your magick with easy tips for spell casting and ritual using the ancient wisdom of astrology. Astrology is the magickal science of our ancestors and Silver shows you how to apply these basic principles to your life and workings. Don't forget to bring your notebook. $35. Call 434-0599.

Gonzo Rectification with Richard Smoot • Oct. 1, 3:00-5:00 • An accurate birth time is central to understanding an astrological chart, but a chart's veracity is doubtful if the birth time is questionable. This lecture demonstrates a practical, less technical, and easier approach to understanding and correcting birth times used in astrological birth charts. $10. Call 484-1897; smootfish@aol.com.

Beginning Astrology: Reading and Understanding Planetary Aspects with Richard Smoot • 8 weeks beginning Monday, Oct. 2 • This course will explain the concepts, interpretation and application of planetary aspects and geometric relationships in astrological interpretation. This class will prepare students in horoscope delineation techniques using aspects and other interpretive skills. It is recommended that participants have a general understanding of astrological concepts and principles and knowledge of the keywords of planets, signs and houses such as those taught in a beginning astrology course. $125. Call 484-1897; smootfish@aol.com.

Bumps in the Road: Predictable Cycles on the Road of Life with Richard Smoot • Nov. 19, 3:00-5:00 • There are two main types of astrological cycles which happen to all of us. First are the personal cycles which affect you, and you alone, and are based on your birth date and time of birth. This lecture will focus on the second type of cycles which are impersonal or generic cycles, and are experienced by all of us on the same general time line. Since these cycles occur at about the same age, they provide a structure and framework for learning and gaining maturity. $10. Call 484-1897; smootfish@aol.com.

Meeting of the Astrology Study Group with Bon Rose Fine • Sep. 17, Oct. 15, Nov. 12; 3:00-5:00 • The Astrology Study Group is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations and astro-babbling (cheerfully chatting about astrology). They hold open forum discussions, and are joined at various times by long-time area professionals such as Richard Smoot, Vivienne and Deborah Kaye. Astrologers of all levels welcome. Free. Call 434-4555; brosefine@aol.com.

A Time for Every Purpose: Introduction to Planetary Hours with Bon Rose Fine • Dec. 3, 3:00-5:00 • Planetary Hours were probably in use before the days of the week were named. This ancient method of determining which times of the day are most auspicious for particular activities is still useful today. You don't need to be an astrologer to get in harmony with the rhythm of the Planetary Hours. Free. Call 434-4555; brosefine@aol.com.

Bodywork

Introduction to Phoenix Rising Yoga Therapy: Everything You Need to Know Is Inside of You with Ava Gilzow, Jacqui Magon, Gail Rucker and Julie Wolcott • Sep. 27 or Oct. 24, 7:30-9:00 p.m. at Crazy Wisdom's Meeting Room • During this workshop, you will sample Phoenix Rising Yoga Therapy which combines assisted yoga postures with dialogue to focus on the body's inner wisdom. This awareness helps release emotions and beliefs which may have manifested in chronic aches and pains. You'll feel deeply relaxed as a result. Come try it for yourself. $5. Call Ava at 994-3316, Gail at 994-3777, Jacqui at 454-0935 or Julie at 426-4978.

Polarity Energy Work: Level I with John Bodary, Karen Kerns, Renee Rutz and Maureen Frisbe • 8 Mondays starting Sep. 16, 6:30-10:30 p.m. • An introduction to Polarity work as developed by Dr. Randolph Stone. Course is registered with the American Polarity Therapy Association as credit to attain an Associate Polarity Practitioner status. Class includes theory, techniques and hands on work in order to access and work with energy effectively. $700. Call John at 313-582-5034.

Breath, Movement and Meditation Workshop at Ann Arbor Institute of Massage Therapy with Randall Cummins • Nov. 18-19, 8:30-5:00 each day • This workshop introduces basic breath and meditation principles and the use of various movement disciplines, including Zen Shiatsu stretches, Makka-Ho stretches to open energetic channels or meridians and Yoga postures to enhance breath and freedom of movement. For cost, call Connie at 677-4430, fax 677-4520.

Core Grace with Khita Austin • Ongoing classes on Tuesdays, Wednesdays, Thursdays and Saturdays • The Pilates-based method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. $15 per floor class. Call 741-0038.

Rolfing: A Gentle Approach with Leland Austin • Oct. 9, 6:30-8:00 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 741-0038.

Neptune's Cradle: Healing Waters Introduction with Tom Egan • Oct. 26, 7:00-9:00 p.m. • Would you enjoy surrendering to guided, intuitive, free flowing movements and healing energy work to help you soar into consciousness? The benefits of healing warm water movement/energy sessions are explored, experienced and demonstrated in 97 degree pool. $10. Call 975-4431.

Alexander Technique: Free Your Movement, Enhance Your Life with Alice Greminger • Thursdays at 8:00 p.m. or Saturdays at 2:00 p.m. • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, preforming and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotions and creativity. Free introductory class, then $10 per class. Call 665-0849.

Trager Psychophysical Integration: Overview and Demo with Eileen Dickinson • Sep. 18, Nov. 16; 7:00-8:30 p.m. • Experience and learn about this intuitive approach to bodywork that uses movement to create a feeling of effortlessness and ease in the body. Learn self-care movements. Free. Call 717-4145.

Feldenkrais: Awareness Through Movement Class with Katherine Rogers • 6 Mondays beginning Sep. 18 or Nov. 13, 6:30-7:30 p.m. • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is painful or too difficult. Appropriate for all ages and physical conditions. $12 drop-in or $60 per workshop. Call 971-5285; kathart1@aol.com.

Feldenkrais Method: Awareness Through Movement Classes with Inge Gaiser • Beginning in Oct. • The focus of the classes is on improving your walking. Learn how to walk with more ease and power. Anyone can benefit including people with chronic problems and disabilities. $10 drop-in or $40 for 5-week segment. For dates and times, call 663-9166.

Introduction to Trager Bodywork with Eileen Dickinson sponsored by People's Food Co-op • Oct. 17, 7:00 - 8:30 p.m. at Crazy Wisdom's Meeting Room • Experience and learn about this intuitive approach to bodywork that utilizes movement, touch and a meditative state. Learn self-care movements that enhance the feeling of lightness and ease in your body. Come enjoy the feeling! Free. Call the Co-op at 994-4589.

Buddhist Teachings and Buddhist Meditation

A Buddhist's View of Christianity with Robert Thurman at Church of Today • Sep. 6, 1:00 and 7:30 p.m. • For more information, call 810-758-3050.

Free Public Talks: Buddhist Meditations on Loving-Kindness and the Peaceful Mind of Wisdom with Kelsang Khedrub • Sep. 15 and Oct. 13, 7:00-8:30 p.m. at Crazy Wisdom's Meeting Room • Let go of some stress and experience the peace of Buddha's wisdom. The talk is based on the new book *Eight Steps to Happiness* by Geshe Kelsang Gyatso. Free. Call Suzanne Xuereb at 665-1830.

Eight Steps to Happiness with Kelsang Khedrub • Sep. 16 and Oct. 14, 11:00-2:00 at Crazy Wisdom's Meeting Room • These short day courses will include a commentary and guided meditations from the famous Buddhist text *Eight Verses of Training the Mind*, practical instructions on how to transform life's difficulties into valuable spiritual insights and essential advice on how to awaken your potential for limitless love, compassion and wisdom. The talk is based on the new book *Eight Steps to Happiness* by Geshe Kelsang Gyatso. $20 but no one is turned away due to lack of funds. Call Suzanne Xuereb at 665-1830.

Introduction to Buddhist Meditation with Suzanne Xuereb • Sep. 22, Sep. 29, Oct. 6, 7:00-8:30 p.m. at Crazy Wisdom's Meeting Room • From dealing more effectively with stress to realizing our full spiritual potential these classes offer something for everyone. The classes are self-contained so you may join at any time and include a teaching, meditation and discussion. The talk is based on the new book *Eight Steps to Happiness* by Geshe Kelsang Gyatso. $5 donation. Call 665-1830.

The Life of Buddha with Geri Larkin at Still Point Zen Buddhist Temple • Oct. 21, 9:00-3:00 • The life of Buddha would make a terrific broadway play! This seminar covers his life, beginning to end, and includes many of his core teachings. $45. Call 677-1521.

Meditation Course with Geri Larkin at Still Point Zen Buddhist Temple • Oct. 1, 8 and 15 or Nov. 5, 12 and 19 beginning at 1:00 p.m. each day • This course teaches people relatively new to Buddhism breathing techniques, postures, different forms of meditation and an introduction to basic Buddhist concepts. $60 for 3 sessions. Call 677-1521.

A Day-Long Meditation Retreat with Geri Larkin at Still Point Zen Buddhist Temple • Oct. 7, Nov. 4 or Dec. 2; 9:00-4:00 • Still Point's one-day retreats will combine sitting and walking meditation with several dharma talks, work practice and a formal monastic lunch. $45. Call 677-1521.

> Give thanks for unknown
> blessings already on their way.
>
> - Native American saying

Dorje Trollo Empowerment with Rigdzin Namkha Rinpoche at Flaming Jewel• Sep. 16, 10:30 a.m. • The Dorje Trollo empowerment opens the gateway into the powerful and mysterious realm of Tantric Buddhism, bringing powerful blessing and the removal of obstacles. Dorje Trollo is the power of "Crazy Wisdom" or Wisdom Gone Wild - a power of awareness and compassion which shatters the boundaries of mediocrity and opens vision into the dimension of luminous and spontaneous joy, beauty and creativity. $35. Call 665-2456.

Rediscovering Wholeness: Lam Rim Teachings of the Dzogchen Path with Traktung Rinpoche and A'dzom Rinpoche at Flaming Jewel• Sundays beginning Oct. 1, 10:30 a.m. • Dzogchen, the highest and most profound of all Buddhist teachings, offers startlingly simple and direct methods for discovering the natural ease, joy, creativity and playfulness of authentic being. This series of teachings offers a guided tour of the stages of the Dzogchen path (Lam Rim). This is a rare and precious opportunity to hear these teachings from Tantric lineage holders. Donations accepted. Call 665-2456.

The Crazy Wisdom Calendar

Buddhist Teachings & Buddhist Meditation (continued)

Dzogchen Transmission: Opening the Doors of the Infinite with Ngakchang Rinpoche and Khandro Dechen at Flaming Jewel• Nov. 11, 10:30 a.m. • Ngakchang Rinpoche will give profound instruction on the Dzogchen path and the nature of transmission. Khandro Dechen will then offer the Mirror Transmission of the Aro Ter. This is a wonderful chance to receive teachings from two of the world's great Dzogchen Lamas. $50. Call 665-2456.

Teachings from the Dzogchen Tradition of the Aro Ter with Ngakchang Rinpoche and Khandro Dechen • Nov. 12 and 19 • The Aro Ter lineage, also called the Mother Essence lineage, is a rare strand of the Nyingma tradition - a lineage emanating from a succession of enlightened women culminating in the visionary genius of Khyungchen Aro Lingma and her son, Aro Yeshe. Aro Lingma received pure vision transmission directly from Yeshe Tsogyel, the female Tantric Buddha. The Aro Ter is a non-liturgical, non-monastic ngakphang tradition which specializes in the teaching and practice of Dzogchen. It emphasizes the importance of everyday life as practice. Free. Call 665-2456.

Sleep, Dreams and Dying: Teachings and Transmission of the Tibetan Buddhist Dream Yogas with Traktung Rinpoche • Dec. 8 at 7:30 p.m. and Dec. 9 at 10:30 a.m. • The tantric and Dzogchen systems of dream yoga are profound methods for transforming the sleep and dream states into vehicles for spiritual discovery. Beyond this, they allow us opportunities to transform the after death bardo state into a realm of potent spiritual opportunity. Powerful teachings, practical instruction and profound transmission. $125. Call 665-2456.

Introductory Zen Meditation Course through Zen Buddhist Temple • Five Thursdays beginning Sep. 14 and Nov. 2, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120/$100 students. Call 761-6520.

Overnight Introductory Meditation Course through Zen Buddhist Temple • Dec. 1-2, 7:00 p.m. on Friday to 4:00 p.m. on Saturday • For those who cannot attend the Thursday courses or who prefer the overnight retreat in order to learn meditation. $160 includes instruction, accommodation and vegetarian meals. Call 761-6520.

Meditation Retreat through Zen Buddhist Temple • Oct. 27-28 and Nov. 17-18, Friday at 7:00 p.m. through Saturday at 5:00 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60. Call 761-6520.

Seminar on Korean Buddhism: Zen Master Chinul - His Life and Thought through Zen Buddhist Temple • Oct. 8, 15, 22; 11:30 a.m.-1:00 p.m. • A lecture, discussion and question and answer offered by Professor Eun Su Cho. $20 per session. Call 761-6520.

Identifying Buddhist Images with Doug Sjoquist through Zen Buddhist Temple • Sep. 17, 11:30-2:00 • A workshop on Buddhist art. Call 761-6520.

Sunday Services at Zen Buddhist Temple • Sundays, 9:30-11:00 a.m. meditation service or 5:00-6:30 p.m. dharma service • Morning meditation service consists of two period of meditation followed by a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. Donations accepted. Call 761-6520.

> Do not wait for life. Do not long for it. Be aware, always and at every moment, that the miracle is in the here and now.
>
> \- Marcel Proust

Yongmaeng Chongjin/Winter Meditation Retreat at Zen Buddhist Temple • Dec. 26 at 7:00 p.m. through Dec. 31 at 10:00 a.m. • Includes sitting and walking meditation and dharma talks. Led by Haju Sunim. For more information, call 761-6520; buddhaa2@cyberspace.org.

Buddha's Enlightenment Day All-Night Sitting at Zen Buddhist Temple • Dec. 31-Jan. 1 • Come and meditate to awaken to our true nature inspired by Shakyamuni Buddha who sat under the Bodhi tree in ancient India and came to freedom. Open to all. We also have a New Year's Day service at 11:30 a.m. Donations accepted. Call 761-6520.

Newcomers Open House at Karma Thegsum Choling Tibetan Buddhist Meditation Center • First Sunday of each month, 11:30 a.m. • Introduction to the Karma Kagyu lineage and meditation. Brief introductory meditation is offered if you wish. Light refreshments served. All welcome. Free. Call 761-7495.

Tibetan Buddhist Discussion Group at Karma Thegsum Choling Tibetan Buddhist Meditation Center • Thursdays, 7:30 p.m. • Discussion of all aspects of Tibetan Buddhism based on important teachers of the Karma Kagyu tradition. All are welcome. Free. Call 761-7495.

Meditation at Karma Thegsum Choling Tibetan Buddhist Meditation Center • Wednesdays, 7:30 p.m. • Silent meditation. Basic instruction can be provided by arrangement. Free. Call 761-7495.

Guide to Bodhisattva's Way of Life at Jewel Heart • Tuesdays, 7:30 p.m. • Gelek Rinpoche continues with teachings based on this text by 8th century author, Shantideva. A bodhisattva is one who has committed his/her entire life to becoming enlightened in order to help all beings become free from suffering. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Meditation at Jewel Heart • Sundays at 10:00 a.m. • Concentrated meditation, taught in the Tibetan Buddhist tradition, is directed at bringing focus while stabilizing the mind. A tamed and trained mind is capable of concentrating on any material presented analytically and can then hold the focus to the point of the subject matter as well as steep in its realization. Open to all levels. Donations accepted. Call 994-3387; office@jewelheart.org.

White Tara Meditation at Jewel Heart • Sundays at 11:15 • White Tara practice is a guided meditation focusing upon the healing and long life qualities through White Tara as the embodiment of enlightened compassionate activity. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Foundation of All Perfections Audio Broadcast from Jewel Heart New York • Thursdays at 7:30 p.m. • The Foundation of All Perfections is a text presented in verse form which guides the practitioner through the points of the Lam Rim in an abbreviated yet complete version. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Gelek Rinpoche in Conversation with Ram Dass sponsored by Jewel Heart • Oct. 6 at the Power Center • Time and cost to be announced. For more information, call 994-3387; office@jewelheart.org.

Ram Dass with Gelek Rinpoche: A Day-Long Workshop at Jewel Heart • Oct. 7 • For complete information, call 994-3387; office@jewelheart.org.

Ceremonies, Celebrations & Rituals

Public Healing Circle with Silver Ravenwolf • Sep. 30, Noon-1:00 and 3:00-4:00 • $5. For complete information, call The Seeker Journal at 434-0599.

Sunday Candlelight Ceremony through Lighthouse Center • Weekly, 6:00-7:00 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations and visualization. Free. Call Prachi at 449-4381.

Bardic Night with The Druids of Shining Lakes Grove • Sep. 8, 7:30-11:00 p.m. • Drumming, singing, stories, poetry and fun for all! Free. Call Rob Henderson at 487-4931; robh@cyberspace.org, www.msen.com/~robh/slg.

A Beginner's Fire Ceremony for the Autumnal Equinox with Mateyo Empie • Sep. 20, 7:30-10 p.m. • The fire ceremony is the most effective and fun way to heal ourselves and change our internal and external worlds. Beginners are welcome to join us in this energetic and symbolic working drawn from Peruvian traditions that reconnect us with our Deep Selves and release restorative forces, producing immediate and practical changes in our lives. A potluck follows. $24 at the door plus a donation of a nonperishable food for a local food drive. Call 663-5505; snakewillo@aol.com.

A Beginner's Fire Ceremony with Mateyo Empie • Oct. 18, Nov. 15; 7:30-10:00 p.m. • See above description. $24 at the door plus a donation of a nonperishable food for a local food drive. Call 663-5505; snakewillo@aol.com.

A Beginner's Fire Ceremony for the Winter Solstice with Mateyo Empie • Dec. 20, 7:30-10:00 p.m. • See above description. $24 at the door plus a donation of a nonperishable food for a local food drive. Call 663-5505; snakewillo@aol.com.

Fall Equinox Ritual with The Druids of Shining Lakes Grove • Sep. 23, 2:00-5:00 • Come join us as we celebrate the harvest and the fall equinox, and commune with each other and our gods. There will also be a potluck and raffle. Free. Call Rob Henderson at 487-4931, robh@cyberspace.org, www.msen.com/~robh/slg.

New Moon Halloween Ritual with Bronwen Gates • Oct. 26, 8:00-10:00 p.m. • This ritual, for women only, is a time to gather to honor the turning of the wheel of the year, and our willingness to engage symbolically in the underworld journey and communion with the ancient spirits of the grandmothers. $10-$20 sliding scale. $20-$30 at the door. Call 769-9014; bronwild@aol.com.

Thanksgiving Eve Meditation through Lighthouse Center • Nov. 22, 7:00-8:30 • A special meditation to give thanks through group consciousness. Potluck follows. Free. Call Prachi at 449-4381.

Winter Solstice at Visitation: Center for Prayer and Spirituality • Dec. 20, 6:00 potluck soup supper, 7:30 prayer service • Call 734-242-5520; visitation@teleweb.net.

Christmas Eve Meditation through Lighthouse Center • Dec. 24, 6:00-7:30 • A celebration meditation of Christ's birth. Free. Call Prachi at 449-4381.

New Year's Eve Meditation through Lighthouse Center • Dec. 31, 11:00 p.m.-12:30 a.m. • Bring in the new year in the highest vibration and release the old year with chanting and mantra meditation. Potluck follows. Free. Call Prachi at 449-4381.

Channeling

Open House Channeling Sessions with Aaron • Wednesdays beginning Oct. 4, 7:30-10:00 • Aaron is a Being of Light, a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky. Aaron will give a talk and there will be a time for questions and answers as well as a social period. Donations accepted. Call 971-3455.

> Earth is crammed with heaven.
> - Elizabeth Barrett Browning

Light Transmission with Sandra Shears • Third Sunday of most months • Geared towards lightworkers, pure light frequencies are transmitted which focuses on group energy with group intent, uplifting both self and humanity, guided by the Higher Communities of Light. $30. Call 663-6440.

Basic Channeling with Shala Kilmer • 8 weeks starting Thursday, Sep. 7; 6:30-9:30 p.m. • Channelers allow loving spirits to communicate using the channel's voice and body. With Shala's help, you will be channeling from the first time you try. Limited to 10 students. $335 plus $4 book. Call 248-258-8287.

A Meeting with the Masters with Shala Kilmer • Sep. 16, 10:00-4:00 • Shala will channel Master Teachers who can answer your questions. Areas include relationships, money, health, career and life purpose. Limited to 12 students. Noon meal and snacks provided. $120. Call 248-258-8287.

Past Life Regression to Heal Karmic Blocks with Shala Kilmer • Oct. 21, 1:00-5:00 • Release karmic blocks from previous lives and begin to heal issues such as prosperity, relationships and physical ailments. You will be helped to regress to the right life to heal an issue. Master St. Germaine, channeled by Shala, will direct removal of the blocks, limited to 8 students. $150. Call 248-258-8287.

Channeling, Level II with Shala Kilmer • 6 Thursdays beginning Nov. 9, 6:30-9:30 p.m. • You decide what kinds of spirits you want to channel, including your own Higher Self or God Within. Limited to 10 students. $245. Call 248-258-8287.

Finding Your Soul Mate with Shala Kilmer • Nov. 11, 10:00-5:00 • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to 12 students. Noon meal and snacks provided. $140. Call 248-258-8287.

Angel Message Circle with Shala Kilmer • Dec. 2, 7:00-9:00 p.m. • Angels will bring messages just for you through Shala and any others in the circle who receive messages. This will be a joy-filled, loving and enlightening experience. $20. Call 248-258-8287.

Crystal Clear Expression Channeling Evening: Messages for the Millennium with Nanci Rose Gerler • Sep. 11, Oct. 2, Nov. 6; 7:00-9:00 p.m. at Crazy Wisdom's Meeting Room • Professional intuitive Nanci Rose Gerler channels messages of spiritual guidance and personal empowerment for this era of change from angels, guides and masters. $12. Call 996-8799.

Chiropractic

Realizing Wholeness Through the Sacred Geometry of the Body with Diane Babalas • Aug. 16, 8:00-p.m. • Introductory lecture to a vitalistic chiropractic approach called Bio-Geometric Integration. Learn how potential energy stored in the body can be freed and bring about transformation in your life. Free. Call 668-6110.

Creating Space for More Light in Your Life with Diane Babalas • Aug. 30, 8:00 p.m. • See above description. Free. Call 668-6110.

Network Chiropractic Lecture Series with Robert Koliner • These talks provide an introduction to the practice and philosophy of Network Chiropractic and an explanation of how this network of gentle chiropractic techniques can assist you to release physical, chemical and emotional stress and achieve optimal health. 8:00 p.m. Free. Call 761-5908.
Sep. 11 • Are we destined to live out our genetic pathologies?
Sep. 25 • Juvenile diseases, like diabetes, and the vertebral subluxation: Is there a link?
Oct. 9 • Levels of Care: A Discussion of the stages in the process of recovering neural function.
Oct. 23 • Network Chiropractic: A consideration of posture and its relationship to emotional states.
Nov. 13 • Dealing with health challenges as a growth experience.
Nov. 27 • Life is the expression of tones.
Dec. 11 • Chiropractic and its influence on health.

Introduction to Chiropractic Work with Andrea Galley sponsored by People's Food Co-op • Sept. 12, 7:00 - 8:30 p.m. at Crazy Wisdom's Meeting Room • Join Andrea Galley for a basic review of anatomy and physiology, including an explanation of how a misalignment of the spine can effect you and your health. Free. Call the Co-op at 994-4589.

Chronic Illness, Chronic Pain

Creating a New Life When You Have Chronic Illness and Pain with Erica Dutton • Five 1 1/2 hour weekly sessions • For many of us who have chronic illness or pain, our "old" way of living doesn't work anymore. Now we have to create a new life that makes room for the reality of our health but doesn't allow it to take over our life. This 5-week series of classes are designed to provide basic skills in managing chronic illness starting with identifying obstacles and barriers to creating a new life. Topics such as moving from denial to acceptance, coping strategies, family issues, work and employment issues and managing feelings will be addressed. $150 with 10% prepayment discount. Call 677-3056; eldutton@wccnet.org.

Counseling Group for Women with Chronic Illness and Pain with Erica Dutton • Tuesdays, 4:30-6:00 • This weekly group is open to women with any kind of chronic illness or pain. Chronic illness and pain can be an isolating and life-changing event. It can also be a time to re-evaluate your life and create a new one. The group focuses on coping effectively with the present realities and picking up the pieces, moving forward and creating a new satisfying life for the future. Come and share experiences, learn from other women. $350 for 10 weeks. Call 677-3056; eldutton@wccnet.org.

New Solutions for Old Challenges (Arthritis, Diabetes, Heart Disease, Hot Flashes, Osteoporosis) • Nov. 4, 9:30-3:30 • Persons coping with chronic health challenges are invited to this conference. Presenters will discuss such topics as natural hormones, using your mind to relieve pain, medical acupuncture and Native American fundamentals of healing. $30 for seniors, $35 for others, $45 for RNs and LPNs (4.8 contact hours). Fee includes lunch. For brochures, call Clarenceville Continuing Education at 248-473-8933.

Conferences, Fairs & Festivals

Paryushana Forgiveness Festival with Jain Temple Farmington/Lighthouse Center • Aug. 26-Sep. 3 • This 5,000 year old Jain tradition of 8 days of meditation, introspection and fasting enables us to heal the wounds of the past through forgiveness. Daily evening lectures by Gurudev Chitrabhanu at the Temple. Free. Call Prachi at 449-4381.

Dimensions in Light Festival through Lighthouse Center • Oct. 28, 11:00-7:00 • Second largest metaphysical festival in Michigan, with vendors, readers, bodyworkers, ear coning, aura photography, health products and free lectures. Held at Washtenaw Community College. $5 admission. Call Nirmala at 663-2218.

Creativity

Dancing with the Muse: Awaken Your Creative Self with Jill Blixt • 8 Wednesday evenings beginning Sep. 20 • A key to unlocking our creativity is to be vibrantly awake and aware as we live each and every day. This workshop, based on *How To Think Like Leonardo da Vinci*, is a total creative play experience. We will write, paint, draw and create from a beginner's mind. Come awaken your senses, enliven your curiosity and stretch your imagination. $30 per week includes dinner and art supplies. Call 665-4577

Crystal Energies

Crystal Energies #1: A Transformative Weekend Workshop with Mateyo Empie • Nov. 17-19; Friday 7:00-10:30, Saturday 10:00-5:00, Sunday 10:00-5:00 • Make friends with the most ancient beings on Mother Earth, the stone people, and use their power to tune, amplify and direct healing energies. Emphasis is on developing healing intuition in a fun, supportive environment while increasing psychic sensitivity. Learn choosing, clearing and programming crystals; diagnosis of aura structures; and more. Advanced levels of study available. The class fee includes a tuned set of healing stones. $225, with $25 discount for paying by Nov. 3. Call 663-5505; snakewillo@aol.com.

Death & Dying

Conscious Living, Conscious Dying: A Year to Live with Cassie Cammann and Ayron Smith-Douglas • This year-long monthly group beings and ends with a retreat. Beginning retreat is Feb. 22, 6:00-10:00 and Sep. 23 from 9:00-5:00. Monthly groups are the second Wednesday of the month: Oct. 11, Nov. 8, Dec. 13; 6:00-10:00 p.m. • Based on the work of Stephen and Ondrea Levine. An opportunity to investigate our death so that our lives may be clearer and sweeter. This retreat and group is for anyone who wants to participate in a "powerful experiment of living the next year as though it were their last." It is created for those who may well not have many more years to live, as well as those who have way too many years ahead not to take this opportunity to catch up with themselves in the moment. $20 monthly group, $60 retreats. No one is turned away due to financial reasons. Limited space. Call Cassie at 662-6704 or Ayron at 482-0553.

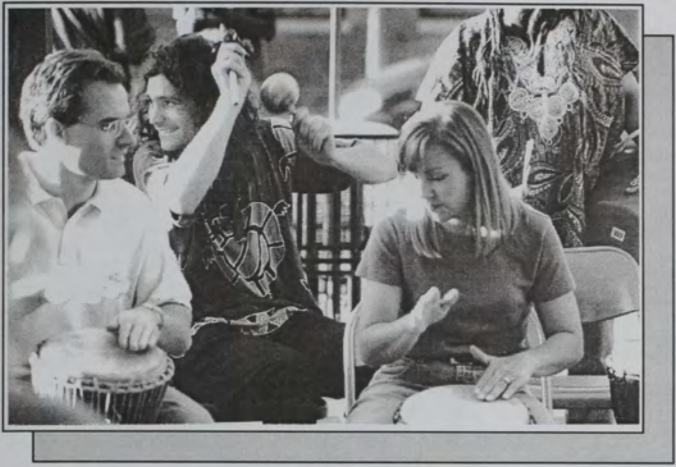
A Comfortable Conversation about Death and Dying with Gary Arnold • Sep. 14, 7:00-9:30 p.m. • Join in a friendly and comfortable conversation on the death and dying process. We will share stories and experiences. $10. Call 449-2154; bearIesair@aol.com.

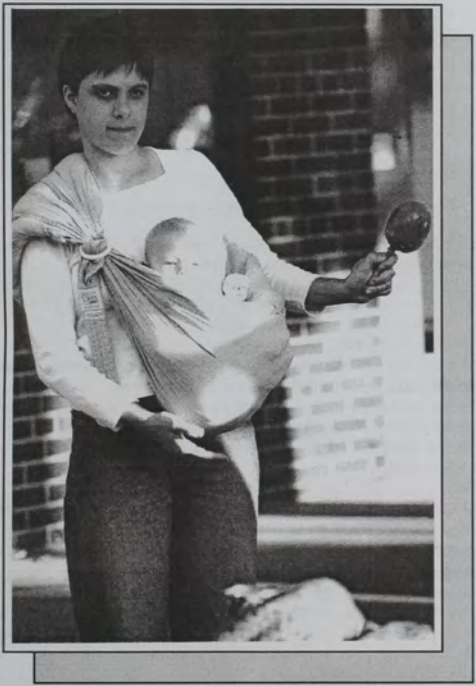
Living Well - Dying Well: Accepting Death as a Part of Life with Lorna Brown • Nov. 18, 10:00-4:30 • An exploration of ancient and modern concepts regarding death and the dying process. Especially designed to assist all beings in integrating their own death into their life experience, including exercises related to living and dying. $35. Call 428-8748; starlabrow@aol.com.

On September 7th, Lori Fithian will be leading a **Back-to-School Drum Circle**, at 7 p.m. in front of the Food Co-op!

Lori Fithian, pictured directly below, is shown leading an Art Fair Drum Circle in front of the Food Co-op. Lori leads Drummunity circles on a monthly basis, as well as women's drumming workshops and seasonal celebrations. The Drummunity circles are "open to men and women, children and grandparents, dogs…anyone who wants to have a happy, nice, group experience." Lori has also been bringing her drum circles into classrooms (from pre-schoolers to high school), into nursing homes, to conferences, and to "anywhere I'm invited."

Drum Circles are Fun!





Photography by Linda Lawson

This fall, Lori Fithian will be bringing her drum circles to a girl scout conference, a conference of therapists in Detroit, and to the Women's Herbal Wisdom 2000 Gathering. "We make a lot of joyful dancing."

The Crazy Wisdom Calendar

Dreams & Dreamwork

Leila Dream Circle with Suzanne Eastman • Sep. 1, Oct. 6, Nov. 3, Dec. 1; 7:30-10:30 p.m. • Understand the wisdom of your dreams by discovering common archetypes and uncovering your personal dream symbols. Reenact your puzzling dream through psychodrama or re-enter it through shamanic trance. Monthly committed group. $25. Call 665-9588.

Introduction to Dream Interpretation with Patricia Danks • Sep. 30, 9:00-4:00 • Techniques developed by C.G. Jung will be presented to help analyze and interpret your dreams. Common dream figures, themes and patterns, personal and collective, will be introduced. $50. Call 635-9987.

The Spiritual and Healing Power of Dreams with Rebecca Mullen • Mondays, 7:00-9:30 p.m. • Sharing of dreams and how they relate to the present life situation. Everyone participates in each other's dream. $5. Call 662-5925.

Drumming

Rhythm, Drum and Fun Womyn's Drum Workshop with Lori Fithian • Nov. 18, 1:00-4:00 • For all levels, beginners welcome, drums available. Also, on-going womyn's drop-in drum class/circle meets Monday nights. Also Drummunity Circles and drum workshops open monthly. $20. Call 426-7818; lfith@yahoo.com.

DrumWomyn: An Orchestra of Drums with Debbie Hillebrand • First and third Sunday of each month • Debbie Hillebrand recognizes and celebrates the special connection between women and the drum, providing diversified experience with the drum. Nominal costs involved. Call Sandra at 663-6440.

Drum Class from the Motherland with Ryan Edwards • Thursdays, 6:00-8:00 p.m. • A traditionally-rooted djembe class addressing technique, repertoire and fun. Well-kept and ego-free, this class will challenge all abilities to reach higher and higher levels of unified drumming. $10 per class. Drop-ins welcome. Call Like Water Drumworks at 827-2764.

Beginning Afro-Caribbean Hand Drumming with Chris Gates • New classes begin Tuesdays, Sep. 5, Oct. 3, Nov. 7; 7:00-8:15 p.m. • A month-long introduction to basic hand drumming techniques and traditional rhythms from Africa and her diaspora. Classes meet once a week to learn and play together on congas, djembes and other supporting percussion. No experience necessary. Drums are provided. $36. Call 657-7814.

Frame Drum Series with Judy Piazza • 6 Tuesday evenings beginning late Sep. • Explore the voice of the ancient frame drum family, including North African, Arabic, S. Indian and Native American rhythms, styles and songs. For beginners or those experienced, a continuing level group is forming. $75-$95 sliding scale. Call Resonance & Rhythms at 248-656-1071; jpiazza@igc.org.

Energy Healing & Esoteric Anatomy

Pain Free Energetic Medicine with Kam Yuen through Church of Today • Sep. 7, 7:00-9:00 p.m. • Dr. Kam Yuen has taken the basics of human energy and created the most advanced mind-body-spirit healing technique on the planet. It's a technique anyone can learn. Free. Call 810-758-3050.

Esoteric Healing for Body, Mind and Spirit with Laurie Akerros • Sep. 22, 7:00-9:00 p.m. • All life is energy at different frequencies. When we have disruptions in that energetic flow, whether at the physical, emotional, mental or spiritual level, the result will be disease or dysfunction. This introduction will provide an excellent overview of how esoteric healing can bring deep healing to the physical body, to our minds and habits of thought, to our emotional response to life and help to integrate our personality with our soul. Free. Call 995-2719.

Love and Desire within the Chakra System with John Friedlander through Essence Point • Sep. 28, 7:00-9:30 p.m. • We will explore where in the chakra system we can find and work with desire, and how it transforms into love. By looking at specific areas within certain chakras, we will see that as the energy moves up, it becomes more complex and rich. The exercises will be structured to help us identify distortion or delusion, transforming and healing so that we can pursue and express our authentic desires and loves. $35. Call 913-9830; essencepoint@hotmail.com.

Chakras Awakening with Ema Stefanova • Sep. 30, 3:00-6:00 • You will study the seven major chakras, the three major energy channels and two major types of awakening the kundalini - the dormant energy each and everyone of us has. Explanation followed by practice and question and answer session. Easy to follow. $80. Call 665-7801; emastefanova@cs.com.

Essence Point Healing Night: Energy Healing led by Healing Practitioners • Oct. 19, 7:30 p.m. • A core group of channelers provide a supportive atmosphere for a powerful, yet gentle, healing energy to engage all in attendance. Individual healing available from practitioners ending with healing energy sent to others by request. $10. Call 913-9830; essencepoint@hotmail.com.

Photo by Linda Lawson

Wendy Warrick is an experienced Feng Shui practitioner with a background in Interior Design.

We Are All Healers with Bronwen Gates • Nov. 11, 10:00-4:00 • This class offers an inner map of healing and ways to access consciously your own healing ability for self and others. Whether on a path of health creation or of dealing with a health challenge, this hands-on class will also show you how to engage your Inner Healer. $70 or $60 if paid by Oct. 28. Call 769-9014; bronwild@aol.com.

Spiritual Anatomy: Introductory Sessions with Elizabeth Alberda and Linda Sayer • Aug. 28, 7:00-9:00 p.m.; Sep. 16, 10:00-Noon • An invitation to explore, through a meditative process, what one body part may need to create Spiritual Anatomy for each participant. We begin the opening of a dialogue designed to integrate mind, body, emotion and spirit to form a vibrant, energized whole. $15 each class. Call Complete Chiropractic and Massage Therapy at 677-1900.

Spiritual Anatomy: Nine Session Workshop Series with Elizabeth Alberda and Linda Sayer • Sep. 30, Oct. 21, Nov. 18, Dec. 9; 10:00-5:00 • Spiritual Anatomy is a study to learn the relationship and integration of our anatomy energized by a spiritual force to create balance with our earth body, with the earth and with others. During these workshops, we explore through meditation, movement, music and art, the body as a Holy Grail. We seek to discover what growth work is necessary to achieve compassion and healing on a cellular level. $100 each session. Call Complete Chiropractic and Massage Therapy at 677-1900.

Energy Anatomy of Addiction with Christi Bemister • Six Mondays beginning Sep. 18, 7:00-8:30 p.m. • This class is for anyone who wants to understand the energy anatomy of addiction. Each class builds on itself to provide an in-depth study of the human energy field as it relates to addiction. Participants will gain insight into healing addiction issues through discussion, individual and group exercises. $55. Call 975-2432; bemister@umich.edu.

Energy Anatomy of Relationships with Christi Bemister • Six Mondays beginning Nov. 6, 7:00-8:30 p.m. • This class is for anyone looking to deepen their understanding of relationships. Each class builds on itself to provide an in-depth study of the human energy field and how it responds in relationship. Participants will receive an individual heart-centered healing and learn how their energy field manages relationship through discussions, individual and group exercises. $55. Call 975-2432; bemister@umich.edu.

Exercise & Fitness

Spinning for Mind/Body Fitness with Susan Morales • Tuesdays and Thursdays, Sep. 5-Dec. 21; 9:30 a.m. • A great cardiovascular workout to music in a group setting on specially designed indoor cycles, that focuses on the mind/body connection. $10 drop-in or $6-$9 per class. Call 669-0500.

Elmo's Fun Walks with Elmo Morales • Sep. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5, 26; Noon • Meet at People's Food Co-op and we'll head off on a different direction each week into the woods for a 90 minute walk at a moderate pace (approx. 4 miles per hour). Bring water bottle, comfortable shoes and a funny joke to share. Free. Call 669-0500.

Sunday Spinning Challenge with Elmo Morales • Sundays, Sep. 10-Nov. 12; 10:00 a.m. • A strenuous interval training ride on one of 17 specially designed indoor stationary bicycles. Great cross training for endurance athletes as well as stop and go sports like soccer, basketball and tennis. Class focus is on performance enhancement. $70 for 10 weeks. Call 669-0500.

Feng Shui

Feng Shui for Realtors and Homebuyers with Wendy Warrick • Sep. 6, 7:00-9:00 p.m. at Crazy Wisdom's Meeting Room • What should you look for in a new house if you'd like to increase your potential for health, prosperity and happiness? What can realtors look for to find just the right home for their clients? Feng Shui can help you find a house that does more than meet your functional and aesthetic needs through careful consideration of architectural style, site, surrounding buildings, compass points and layout. $30. Call 913-9619; wendygaia@aol.com.

Feng Shui and Architectural Styles with Wendy Warrick • Sep. 20, 7:00-9:00 p.m. at Crazy Wisdom's Meeting Room • This class will cover the variables related to the building of, or existing structures: the impact of various architectural elements and styles, site selection, the impact of natural elements and using the 5 elements theory to assess site, structure and the surrounding buildings to determine the probability for health and prosperity. $30. Call 913-9619; wendygaia@aol.com.

Photo by Linda Lawson

Feng Shui tools of the trade

Feng Shui and Spiritual Practice with Wendy Warrick • Oct. 19, 7:00-8:30 p.m. at Crazy Wisdom's Meeting Room • What is the connection between Feng Shui and spiritual practice and how can it be used to enhance this area of your life? We'll go over various rituals and cures to promote growth and deepening of spiritual practice as well as helping you to create your own unique sacred place within your home. $15. Call 975-4431.

Feng Shui for You and Your Pet, Part I with Wendy Warrick • Nov. 13, 7:00-9:00 p.m. at Crazy Wisdom's Meeting Room • For complete description, see listing under Animals. $30. Call 913-9619; wendygaia@aol.com.

Feng Shui for You and Your Pet, Part II with Wendy Warrick • Dec. 4, 7:00-9:00 at Crazy Wisdom's Meeting Room • For complete description, see listing under Animals. $30. Call 913-9619; wendygaia@aol.com.

Feng Shui Basics with Lynn Meadows • Sep. 26 or Oct. 25, 7:00-9:00 p.m., or Oct. 7, 10:00-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles. Based on self identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30. Early registration and multiple class discounts available. Call 433-9102; lynnsm@hotmail.com.

Feng Shui Beyond Basics with Lynn Meadows • Oct. 7, 1:00-5:00 • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60. Call 433-9102; lynnsm@hotmail.com.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • Oct. 24, 7:00-9:00 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony. Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $30. Call 433-9102; lynnsm@hotmail.com.

Flower Essences

Using Flower Essences as Allies on the Healing Journey to Self with Bronwen Gates • Oct. 14, 10:00-1:00 • We have entered the age of flowers, the time when the healing gifts of flowers are more available and more potent than ever before. This workshop introduces you to the many ways you can use flower essences to enhance your enjoyment of life, to access body language and restore emotional balance, and to identify and resolve emotional and psychospiritual patterns that keep us anchored to the past. $45 or $35 if paid by Oct. 1. Call 769-9014; bronwild@aol.com.

New Uses of Bach Flower Remedies: A Flower Essences Intensive with Bronwen Gates • Oct. 21, 10:00-4:00 • We will work deeply with flower essences as tools for physical as well as emotional healing. We will focus on new ways to work with the Bach essences, including body maps and soul tracks as described in the work of Dietmar Kramer. Some basic familiarity with flower essences required. $70 or $60 if paid by Oct. 7. Call 769-9014; bronwild@aol.com.

Using Flower Essences as Part of a Co-creative Approach to Health: A Flower Essences Intensive with Bronwen Gates • Nov. 18, 10:00-4:00 • This intensive will focus on many different ways to work co-creatively with flower essences, based primarily on the work of Machaelle Small Wright at Perelandra. Dowsing and kinesiology will be an integral part of this workshop. Some basic familiarity with flower essences required. $70 or $60 is paid by Nov. 4. Call 769-9014; bronwild@aol.com.

The Faerie Flowers: Bringing Magic Back Into Your Life - A Flower Essences Intensive with Bronwen Gates • Dec. 2, 10:00-4:00 • We will explore the ways in which Bronwen's own essences, the Faerie Flowers, offer their own unique synergy for our healing and the healing of our world. Some basic familiarity with flower essences required. $70 or $60 if paid by Nov. 18. Call 769-9014; bronwild@aol.com.

Flower Essences: An Introduction for Health Practitioners and Therapists with Bronwen Gates • Sep. 16, 10:00-1:00 • This class is specifically targeted to address the particular needs of health care practitioners such as therapists, counselors, massage practitioners and other healers who use a body-centered approach. It presents a comprehensive overview of flower essence therapy, and how flower essences can be used both to support a high level of functioning for the practitioner, and also the healing of clients. $45 or $35 if paid by Sep. 6. Call 769-9014; bronwild@aol.com.

Herbs, Plants & the Garden

Women's Herbal Wisdom 2000: A Gathering to Heal Ourselves and the Earth with Bronwen Gates and Leigh Ann Knope • Sep. 30 at 9:00 a.m. through Oct. 1 at 5:00 p.m. • Michigan's first herbal conference for women features presenters from around the state teaching many different aspects of working with plants as healing allies. Includes three concurrent tracks of presentations, Introductory, Advanced and Women's Life Cycles. $275 includes meals and accommodations. Call 930-9286; wngsolight@aol.com.

Plant Spirit Medicine with Rita Bober • Sep. 16, 10:00-1:00 • Plant Spirit Medicine is a natural healing process that works with the spirit of the plant world. Plants live in unity within nature and can teach us through spirit how to be in harmony with ourselves, each other and nature. We will explore and experience this ancient healing process as we begin our partnership with nature. $25. Call Rita at 616-624-5501 or Lynette Michalik at 475-6030.

Medicinal Michigan Plants of the Fall with James McDonald • Sep. 17, 11:00-6:00 • In the beautiful natural setting of the Upland Hills Ecological Awareness center, herbalist James McDonald will share his knowledge of identification, medicinal uses and preparation of many Fall herbs. Workshop includes an herbal luncheon and a 1 oz. bottle of a prepared tincture. For beginners and experienced herbalists. $30 or $25 for members. Call Gary at 248-628-7463.

Monthly Herbal Wisdom Series with Linda Diane Feldt sponsored by People's Food Co-op • Sep. 5 at Crazy Wisdom's Meeting Room • Learning how and when to use an herb is as important as knowing which herb to use. Come discuss ways to use herbs to both support your immune system and treat acute problems. Pre-registration required. Call 994-4589.

Monthly Herbal Wisdom Series with Linda Diane Feldt sponsored by People's Food Co-op • Oct. 3 at Crazy Wisdom's Meeting Room • This class is intended primarily as an introduction for medical professionals about the use of herbal remedies as well as common misunderstandings. Pre-registration required. Call 994-4589.

Monthly Herbal Wisdom Series with Linda Diane Feldt sponsored by People's Food Co-op • Nov. 7 at People's Food Co-op • We'll be learning how to make tinctures, salves and other preparations of herbal remedies. Hands-on experience, take home what you make! $2 materials charge for this class. Pre-registration required. Call 994-4589.

Monthly Herbal Wisdom Series with Linda Diane Feldt sponsored by People's Food Co-op • Dec. 5 at Crazy Wisdom's Meeting Room • Learn the background and basic applications of homeopathy. Pre-registration required. Call 994-4589.

The Crazy Wisdom Calendar

Photo by Linda Lawson

Larissa Czuchnowski teaches children's meditation classes through Deep Spring Center.

Homeopathy

Homeopathic and Herbal Remedies for Children's Health Care with Patty Brennan • Nov. 4, 9:00-4:00 • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fever, ear infection, growing pains, sports injury and emotional imbalance. $75 per family. Call Holistic Midwifery Institute at 663-1523; patty@holisticmidwifery.org. or www.holisticmidwifery.org.

The Homeopathic Kit with Mary Tillinghast sponsored by Castle Remedies • Session A: Sept. 9, 1:00 - 5:00 p.m.; Session B: Sept. 9 and 11, 7:30 - 9:30 p.m.; Session C: October 4 and 11, 7:30 - 9:30 p.m.; Session D: October 14, 1:00 - 5:00 p.m.; Session E: October 19 and 26, 7:30 - 9:30 p.m. • The Kit is a workshop covering the most frequently asked questions about homeopathy as regards its theories, principles and practical applications. The main focus of this class will be on how to use the remedies in the Castle Remedies' Home Care Kit. Having a kit is recommended and a class manual with handouts will be provided. Space is limited. $55. Call 973-8990.

Hypnotherapy

Professional Hypnotherapy Training offered by the Institute of Transformational Hypnotherapy • 120 hour comprehensive, hypnotherapy certification program begins Oct. 14 • A state licensed school. Help clients and fellow travelers on the spiritual path to heal the wounds of childhood, and to heal and resolve karmic patterns and limiting beliefs from this life and past lives. For more information call Robert Ranger at (517) 374-6156 or Cheryl Beshada at (810) 939-7676.

Improvisational Theatre

Empatheatre with Sara Schreiber • The Lie on Oct. 13, I Feel Nasty on Nov. 10, Gifts on Dec. 8 • Empatheatre ensemble is Ann Arbor's only professional group in which they are trained in techniques that enable them to enact real-life situations artfully and authentically. Audience members are asked to write situations anonymously on 3 x 5 cards. $8 students/seniors, $12 general or $15 reserved seating. Doors open at 6:45 p.m. with a 7:30 performance. Call 913-9733.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • 4-week sessions start monthly. Learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85. Call 741-9706.

Integrative Medicine

Complementary Therapies in Clinical Practice: An Evidence-Based Approach with Complementary and Alternative Medicine Research Center, University of Michigan • Sep. 21-22 • Many patients are using complementary therapies; however, few health care professionals have strong foundations in these modalities. This two-day course will explore three specific areas of complementary medicine in depth: mind-body medicine, manual medicine and botanical medicine. The course will offer clinically oriented, evidence-based, interactive sessions on popular practices related to these areas. Key speakers include James Gordon and Michael Smith. For cost, call Joyce Robertson at 763-1400 or 800-800-0666.

Intuitive Awareness & Psychic Development

Drop-In Intuitive Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • The second and fourth Thursdays of each month, and the first Saturday of each month, 7:00 - 10:00 p.m.• $1 per minute. No appointments necessary. For more information, call Diane at 971-0795.

Homeopathic and Herbal Remedies for Children's Health Care with Patty Brennan • Nov. 4, 9:00-4:00 • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fever, ear infection, growing pains, sports injury and emotional imbalance. $75 per family. Call Holistic Midwifery Institute at 663-1523; patty@holisticmidwifery.org. or www.holisticmidwifery.org.

Meditation, Energy Healing and Clairvoyant Development with Julia King • Sep. 29 at 7:00 p.m. through Oct. 1 at 5:00 p.m. at Windrise Spirituality Center • Whether beginner or professional, in this class we will be attuning to the energy field that carries an abundance of information and keys to our health and well being. Learn energy healing practices used by professional psychics and shamans in a beautiful setting surrounded by woods and streams. $300 includes loft-style lodging. Semi-private available. Bring 2 friends and pay $250 each. Repeats pay $150. Call 877-449-5412; starduster12@aol.com.

Basic Intuitive Development with Shala Kilmer • 8 Mondays beginning Sept. 11, 6:30-9:30 • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. For cost, call 248-258-8287.

Basic Psychic Development I and II with John Friedlander through Essence Point • Part I: Sep. 16, 9:30-5:00; Part II: Nov. 4, 9:30-5:00 • Each of us has a bubble of spiritual energy surrounding us called the aura. Learning to transform our aura transforms our love and life experiences. While the exploration and healing of the aura is an incredible adventure that can fill a lifetime, the basic system can be learned in a day. John teaches an integrated system based on two fundamental building blocks: distinguishing your psychic energy from other people's and releasing energy blockages in your aura. Part I emphasizes our chakra system and Part II the layers of our aura. $75 each. Call 913-9830; essencepoint@hotmail.com.

Essence Point Psychic Reading Practice with Essence Point • Sep. 14, Oct. 12, Nov. 9, Dec. 14; 7:00-9:00 • Essence Point offers a supportive environment for practicing psychic skills. Attention to grounding and distinguishing psychic energies is stressed. Newcomers required to have read *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance* by John Friedlander and Gloria Hemsher. Donations accepted. Call 741-0478; essencepoint@hotmail.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden • Sep. 23-24 or Dec. 2-3; 10:00-5:00 each day • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-Heart (Higher Self), and to do readings from that level. $139 or $129 of paid one week in advance. $119 if you bring 2 friends. All workshops may be repeated at half price. Call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness & Skills with Ray O. Golden • Oct. 14-15, 10:00-5:00 each day • Continue to develop your intuitive perception and learn to recognize and heal layers of the aura. Connect with one of your healing guides to communicate and do healings. $149 or $139 if paid one week in advance. Call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. For dates, times and cost, call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden • Nov. 10-12 • Learn to safely become a conscious channel, using a technical system as your foundation. For times and cost, call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

ewish Teachings & Jewish Meditation

day Evening Chant and Meditation: Welcoming the Sabbath with Barbara Boyk • One day per month, 7:30 p.m. • Friday evening is a time to welcome the spirit of peace and into our lives, to renew our souls after a week of concentration and activity. Our circle udes chanting, meditation and prayers for healing. Our intention is to open and to ınce heart, mind, body and spirit in connection with the source of life. Free. Call 994-2.

giveness and Renewal: A Day-Long Retreat with Barbara Boyk • Oct. 7, 10:00-4:00 • s year on Shabbat Shuvah, the Sabbath of Return, we will gather with others for port and strength in our day of self-reflection and spiritual deepening. Our time will be nt in silence and in chanting, in stillness and in movement. We will be working within final phases of the days of awe preceding Yom Kippur, a time for turning every inner ket inside-out to cleanse and release patterns that no longer serve us, opening to the cious potential of the New Year. The retreat will take place in a beautiful wooded ironment. This day is for you if you need breathing space, want to nourish your soul ugh Jewish spiritual practice, love to chant and meditate with others who love it, too, dy to look closely at yourself and intend to move toward what frees you to be yourself. -$50 sliding scale. Call 994-5032.

rallel Universes and the Movie of Life with Rabbi Yehunda Grundman at Church of lay • Oct. 25, 1:00 and 7:30 p.m. • How much control do we really have over our sonal and collective destinies? Can we shape the course of our life? Discover these g hidden Kabbalistic tools and experience profound changes in your daily life. Free. Call -758-3050.

Kids & Young Adults

e Social Spirit with Tom Egan • Second and Fourth Thursday of each month, 7:00-9:00 n. • Offering an ongoing, spiritually dynamic, hands-on approach to socializing. Have exploring challenging activities, initiatives and games. Meet new people, learn about ırself and others and discover what you have to offer. Grades 7 and 8 or grades 9 and $10 per night. Call 975-4431.

rong Start: An Empowerment Group for Girls Ages 8-12 with Laura Sanders • ndays, Sep. 11-Oct. 23, 6:30-8:00 p.m. with one overnight on Oct. 7 • Strong Start is a ial and educational group for girls that celebrates the feminine aspects of self, spirit and nmunity. Through our connections to each other and nature, the group builds self-ıfidence, personal power and protection skills, and love for one's body, emotions, mind l spirit. The group uses art, music, movement, games, storytelling, discussion, inspira-nal activities, outdoor adventure and ceremonial ritual to enhance girl's self-esteem and promote the bonds of sisterhood among them. Themes include building self-esteem and npetence, connecting with nature, exploring the divine feminine, maturation and nstruation, independence and community building, building positive body image, self otection and self defense and getting in touch with the power of being a girl. $150 for 8 eks includes materials and snacks. Mothers are welcome to attend sessions, but are not quired. Call 662-3509.

ildren's Meditation Class with Larissa Czuchnowsky of Deep Spring Center • Sep. 23, , Oct. 7, 14, 21, 28; Three to Five year olds meet at 10:00 a.m., Six to Eight year olds et at 11:00 a.m., Nine to Twelve year olds meet at Noon • For children ages 3-12 (divided o three age groups), this class will practice the uses of meditation for mindfulness, body areness, creativity and the imagination, concentration, emotions and relaxation. Class ntent will be age appropriate and will include various games, body awareness and ndfulness exercises, storytelling and silence. $30 plus donations to cover instruction. ll 971-3455 or 475-2933.

ildren's Sunday School with Lighthouse Center • First and Third Sundays, 10:30-:30 • Classes in spiritual development for children ages 4-teens whose parents are ıntra meditators. Principles of metaphysics, yoga, mantra meditation, Christianity and rld religions are taught at different age levels. No cost. Call Nirmala at 663-2218.

listic Vocal Singing Class for Teenagers with Jesse Richards • 6-week session starts p. 13 and 14; Thursdays, 4:00-6:00 • Teenagers can have fun learning vocal technique, rmonies, songwriting, performing skills and making new friends. Jesse's classes are ultra pportive environments for teens to develop confidence and explore the arts. $140. Call 5-2972; jessing@msen.com.

ga for Kids Ages 7-10 with Ema Stefanova • Saturdays, Sep. 23-Oct. 21 and Nov. 4-Dec. ; 2:00 p.m. • Children will learn yoga postures, breathing, relaxation, concentration and ditation suitable for their age and interest. Spontaneous philosophical discussions pired by student's questions add special value to the class. For cost, call 665-7801; gaandmeditation.com; emafstefanova@cs.com.

ga for Kids and Parents with Ema Stefanova • Sep. 23-Oct. 21 and Nov. 4-Dec. 11, 12:30 n. • Best suitable for children ages 4-6 and their parents. The focus is on the kids' yoga stures, breathing, relaxation, visualization and meditation. Very popular. For cost, call 5-7801; yogaandmeditation.com; emafstefanova@cs.com.

The Labyrinth

Writing the Labyrinth with Elizabeth Hawkins and Esther Kennedy of Weber Center • Oct. 27 at 7:30 p.m. through Oct. 29 at 1:00 p.m. • You are invited to enter the circle of the writer's world. Sacred dance and walking the labyrinth combine with the writing tasks to awaken the storyteller, weaver, poet and wild one who longs to say the word. Join us for a weekend of writing and movement sure to unblock and release your highest creativity. $125. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Walking the Labyrinth through Visitation: Center for Prayer and Spirituality • Sep. 8, Oct. 6, Nov. 3, Dec. 1; 9:00-6:00 • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls." -Lauren Artress, *Walking the Sacred Path*. The labyrinth is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. The labyrinth continues to be a metaphor for the spiritual journey. Everyone is welcome to walk this sacred path anytime throughout the day. Free. Call 734-242-5520; visitation@teleweb.net.

Love & Relationships

Partner Yoga with Suzanne Willets Brooks • Tuesdays, Sep. 12-Dec. 5; 6:00-7:30 • The focus of this class is to develop deep trust and intimacy within yourself and in relationship. We will explore traditional postures as well as contact improv and massage. Bring a friend or partner and any props you feel you may need. $100 singles, $150 couples. Call 482-2607; brookjer@provide.net.

Women Who Love or Give Too Much with Sandy Prochazka through St. Joseph Mercy Health System • Nov. 8, 7:30-9:00 • Are you a woman who gives too much, then feels exhausted and used by family, friends, spouse and others? This experiential and informative workshop will address this difficult and common pitfall for women and is geared toward gaining awareness in the areas of self-esteem, co-dependnecy, depression and family management. Some recovery techniques for a long term change will be included. $5. Call the Healthline at 800-231-2211 or 734-712-5400.

Massage

Drop-In Massages at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2:00-5:00 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 per minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Drop-In Massages at Crazy Wisdom Tea Room with Mary Ledvina • Sundays, 1:00-4:00 • Come in to Crazy Wisdom and get a massage! $1 per minute. No appointment needed. Call 665-2757.

Sports Massage I Workshop with Jocelyn Granger and Jane Anderson at Ann Arbor Institute of Massage Therapy • Sep. 23-24, 8:30-5:00 each day • Sports Massage uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of sports massage include the physiology of the injury and repair process, pre-event, post-event and maintenance and principles of sports injury assessment and treatment. $225. Call Connie at 677-4430 or fax 677-4520.

> Let nothing dim the light that shines from within.
>
> \- Maya Angelou

Seated Massage Workshop with Margaret Szedenits at Ann Arbor Institute of Massage Therapy • Oct. 14, 8:30-5:00 • Seated Massage concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. $125. Call Connie at 677-4430 or fax 677-4520.

Sports Massage II Workshop with Jocelyn Granger and Jane Anderson at Ann Arbor Institute of Massage Therapy • Oct. 28-29, 8:30-5:00 each day • The goals of this segment are to provide you with an overall perspective on and the techniques essential to sports massage, including the basic concepts used in sports massage, skillfull palpation, your role as a sports massage therapist, working with common sports injuries, maintenance of the athlete, corrective measures for the injured athlete and understanding the injury and its repair process. $225. Call Connie at 677-4430 or fax 677-4520.

4-Day Pregnancy Massage Workshop with Frances Salvato at Ann Arbor Institute of Massage Therapy • Nov. 4-5 and Dec. 2-3, 8:30-5:00 each day • This workshop covers the benefits, contraindications and applications of massage for each trimester, including labor and postpartum. Other things covered are self-care exercises, knowledge of physiological changes occurring in the different systems of the body and the effect massage therapy has on the different body systems. $450. Call Connie at 677-4430 or fax 677-4520.

Massage (continued)

Neuromuscular Therapy I with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Dec. 8-10, 8:30-5:00 each day • This workshop consists of the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. It provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. $325. Call Connie at 677-4430 or fax 677-4520.

650 Hour Professional Training Program in Massage Therapy at Ann Arbor Institute of Massage Therapy • Classes begin Sep. 7. The Sep. program meets Tuesday and Thursday, 9:00-12:30 or 6:00-9:30 p.m. • AAIMT is dedicated in assisting each student in achieving excellence in the therapeutic skills, personal awareness and sensitivity needed for a successful and rewarding practice of massage therapy. The program includes anatomy and physiology, myofascial therapy, neuromuscular therapy, sports massage, shiatsu, seated massage and various components and related approaches of therapeutic massage. $5,900, $25 application fee, $50 registration fee. For a catalog, call 677-4430.

Massage for Couples with Peter Baker through University of Michigan Pierpont Commons • Oct. 28, 9:00-4:00 • Explore massage techniques designed for couples in a semi-private setting. Build intimacy, respect and love with your partner. Due to limited space, enrollment is restricted to 5 couples. $65 per couple. Call Maryann Simons at 647-6838.

Meditation

Essence Point Silent Group Meditation • Sundays, Noon-1:00 • Two periods of unguided silent meditation for 25 minutes each. Comfortable chairs provided or bring a cushion if you prefer. People from any spiritual practice welcome. Donations accepted. Call 913-9830; essencepoint@hotmail.com.

Introductory Meditation Lecture with Chetana of Lighthouse Center • Sep. 29, Oct. 27, Nov. 24, 7:30-10:00 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 first time or $15 repeat. Call Nirmala at 663-2218.

Intensive Meditation at Lighthouse Center • First and Third Friday of each month, 7:00-10:00 p.m. • Mantra meditation, 20 minutes on each of the 7 chakra centers. Free. Call Prachi at 449-4381.

> How simple it is to see that all the worry in the world cannot control the future. How simple it is to see that we can only be happy now, and there will never be a time when it is not now.
>
> - Gerald Jampolsky

Meditation with Ema Stefanova • Sundays, Sep. 17-Nov. 19, 3:00-5:00 p.m. • During meditation, a line is made between the higher regions of mind associated with the so-called expansion of consciousness. This line allows higher mental vibrations to be perceived by the consciousness of the meditator. The traditional yoga and tantra meditation you are going to learn include inner silence, meditation on the breath, light, abstract, etc. For cost, call 665-7801; www.yogaandmeditation.com; emastefanova@cs.com.

Meditation Intro with Ema Stefanova • Oct. 21, 3:00-6:00 • Meditation implies relaxation, both physical and mental, at a level which few of us experience even during sleep. For this reason, meditation brings excellent health. It's easy, safe and your birthright. This workshop will teach you how to do it. $80. Call 665-7801; emastefanova@cs.com.

Yoga Nidra Deep Meditative Relaxation with Ema Stefanova • Nov. 5, 3:00-6:00 • Release of tension, relaxation and peace of mind are the secrets of transformation. When a person relaxes, they become natural and know the truth, the reality. They also know how to behave, because the knowledge of truth is necessary for right behavior. Yoga nidra done properly for 2 hours equals 8 hours of sleep. $80. Call 665-7801; emastefanova@cs.com.

Mindfulness Meditation for the Beginner with Erica Dutton • Class offered monthly • This is a 2-hour introductory workshop on mindfulness meditation and how it can benefit you. You can use this form of meditation anywhere, anytime, anyplace. Learn how to meditate in a practical way - no futons, incense, candles or lotus position - and still enjoy the benefits. $35. Call 677-3056; eldutton@wccnet.org.

Meditation with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Dec. 6, 6:00-8:00 p.m. • There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle offering an opportunity for the individual to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation such as sitting, standing, walking, pondering, visualization, focusing and guided meditation. $50. Call 741-0695; www.peacefuldragonschool.com.

Mastering Meditation with Kapila Castoldi of Sri Chinmoy Centre • Sep. 17, 24, Oct. 7:00-9:00 p.m.; Oct. 22, 29, Nov. 5 at 7:00-9:00 p.m.; Nov. 2, 9, 16 at 7:30-9:30 p.m. • introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, self-improvement. Following the first 3 basic sessions, the program continues to lead the individual at creating and maintaining the habit of meditation. Meditative activities such as music, readings will be introduced, alc with an in-depth investigation of the philosophy of yoga. Free. Call 994-7114.

Children's Meditation Class with Larissa Czuchnowsky of Deep Spring Center • Sep. 30, Oct. 7, 14, 21, 28 • For ages 3-12, divided into 3 groups. For complete description, s listing under Kids & Young Adults. Call 971-3455 or 475-2933.

Introduction to Insight (Vipassana) Meditation with Susan Klimist and Dottie Coyne (o Tuesdays) and Frank Levey and Larissa Czuchnowsky (on Thursdays) of Deep Spring Center • 8 Tuesdays or Thursdays, Sep. 26-Nov. 16; 7:30-9:30 • The introductory clas will offer the basic instructions for insight meditation. Insight meditation is a simple and direct practice: The moment to moment investigation of the mind/body process through calm, focused awareness which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This clarity frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart deeper wisdom and compassion. This process begins during the sitting period and mov to the whole of our lives. We know each moment as practice for our growth toward wholeness and harmony. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest, but as that which is eternal an present now. We will also work with other forms of meditation which nurture non-dual awareness and open the heart. These practices derive from Buddhist teachings but no special religious beliefs are necessary to their practice. We perform no religious rituals. $ Call 971-3455, Susan at 248-545-8089, Dottie at 930-0192, Frank or Larissa at 475-2933.

Introduction and Continuing Insight Meditation with David Lawson, Dianne Austin and Kris Kurnit of Deep Spring Center • 8 Thursdays, Sep. 28-Nov. 30, 7:30-9:30 p.m. • Se above description. $30. Call 971-3444, David at 662-8317, Dianne at 665-4298 or Kris at 66 1385.

Continuing Insight Meditatio Class with Barbara Brodsky and Cassie Cammann of Deep Spring Center • 8 Thursdays: Sep. 28, Oct. 12, 26, Nov. 9, 1 Dec. 7, 21, Jan. 18; 7:30-9:30 p.m. • This course provides an ongoing opportunity for meditators to deepen their practice, explore the teachings and come together for mutual support and learning. Each regularly scheduled class will begin with a sitting, followed by a talk or instruction and discussion. $80 plus $20 building fee. No one will be denied participation on financial grounds. Call 662-6704 or 971-3455; info@ddepspring.org.

Insight Meditation with Barbara Brodsky • 10 Tuesdays: Oct. 3, 10, 24, 31, Nov. 14, 28, Dec. 12, 19, Jan. 16, 30; 7:30-10:00 p.m. • This class is appropriate for experienced meditators. Along with the basics, each semester we focus on a specific aspect of practice This term, our focus will be on the Four Noble Truths and the Eightfold Path. The Four Noble Truths are that unsatisfactoriness exists, that there are reasons for it, an end to it and a path that leads to that end - the Noble Eightfold Path. There is nothing exclusively Buddhist about this path. It's accessible to people of all religions. $100 plus $20 building fee. Call 971-3455; info@deepspring.org.

One or Two Day Non-Residential Meditation Retreat with Barbara Brodsky of Deep Spring Center • Sep. 30 and/or Oct. 1, 9:30-5:00 • See above description for insight meditation. This weekend is a fundraiser for Michigan Friends Center and Deep Spring Center. Saturday is suitable for new and continuing meditators. Sunday is reserved for those who attend Saturday or who have some previous insight meditation instruction. These days will offer basic and continuing instruction and the opportunity to spend a day or two in silent meditation in a lovely wooded setting. A silent room will be available for those who are already familiar with the practice and may prefer total silence. Besides discussion and instruction, the day will be held in silence. Mindfulness throughout the day, whether meditating, eating or walking by the lake, will be a focus. Bring your own lunch. Tea will be available. $30 for one day. $50 for both days. Call Carol at 475-9312 or 971-3455.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • Nov. 3-5 • The two foundations of the weekend are insight meditation and the various supports for our spiritual practices. We'll be alternating sitting and walking meditation. Mindfulness throughout the day will be a focus. Although the retreat will be held in silence, there will be clear instructions for beginning and advanced meditators, evening talks and optional discussion periods with teachers. Our heart's willingness to open is a key to spiritual development. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on non-dual awareness. We begin by healing the separation we may feel from our own heart, then offer this love to people in our lives and to all beings. Approximately $195 for the weekend. Call Hal at 971-3455.

Meditation with Kate Leshock of Deep Spring Center through University of Michigan Pierpont Commons • Oct. 5-Nov. 9, Thursdays, 7:00-9:00 p.m. • Meditation is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, focused awareness. This is a spiritual, not religious, practice. Each class meeting includes sitting time, instruction and group discussion. $40. Call Maryann Simons at 647-6838.

Menopause

Preparing for Menopause through St. Joseph Mercy Health System • Oct. 16, 7:00-8:30 p.m. • Did you know that hot flashes, mood swings and other symptoms can occur as much as 8 years before actual menopause? Designed for women ages 35-50, this presentation gives a comprehensive overview of the physical and emotional changes, symptoms and health risk associated with menopause - and how you can best prepare for and manage them. Presented by a nurse and social worker. $5. Call 827-3777.

Lifestyle Strategies for the Menopause Years through St. Joseph Mercy Health System • Oct. 30, 7:00-8:30 p.m. • Learn practical nutrition and exercise strategies to help maintain vitality and health before, during and after menopause. For women in the late 30s through the 40s, making lifestyle adjustments now can reap numerous health benefits later, including easing some symptoms associated with menopause. For those in their 50s and beyond, it's never too late to begin. Presented by a nutritionist and exercises physiologist. $5. Call 827-3777.

Menopause Options: Hormone Replacement and Complementary Therapies through St. Joseph Mercy Health System • Nov. 13, 7:00-8:30 p.m. • Join us for an overview of the symptoms and health risks associated with menopause. You'll learn the facts about hormone replacement therapy and complementary therapies such as herbs, soy proteins and other nutritional supplements. $5. Call 827-3777.

Men's Issues

Twelfth Annual Michigan Men's Spirit Camp and Soul Retreat with Jeffrey Duvall and Gurudarshan Khalsa • Sep. 15 at 5:00 p.m. through Sep. 17 at 2:00 p.m. • Men gathered together, camping in the woods. Exploring where you are on your life journey. Drumming, sacred dance, small support groups for healing and transformation. $195-$250 sliding scale. Call 248-541-4834.

Man Alive VI: Exploring the Web of Men's Relations - Influence through Time with Michael Copado, John Feeney, Craig Kukuk, John Laycock and Bob Tinker • Sep. 15-17 • Man Alive VI is a men's retreat. By means of stories (old and new), song, ritual, play and other experiential activities, we will explore the interconnectedness of men's lives. These are some of the questions we will be asking: How have the past generations of men affected me, brought me to where I am now? What will be my impact on future generations of men? $170 includes meals, registration, accommodation and supplies. Call John Feeney at 248-414-3720 or email John Laycock at fuzzy45@aol.com.

Men's Issues Therapy Group with Cam Vozar • Mondays, 7:00-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation and divorce. $35 per group. Call 747-9073; cvozar@aol.com.

Are You My Father? A Group for Men with Maurice Alberda • Sep. 9, 9:30-5:30 • This workshop will offer each participant the opportunity to search for the father his individual deep self needs to know. We will use a variety of means to experience and examine the image we carry of our biological or adoptive father, with the effects that image has on our life and the possibility of recreating that image or our relationship to it in order to access more of our masculine potential. $75. Bring your own lunch. Call 663-5457; msalberda@aol.com.

Men's Group with Richard Gull • Ongoing Wednesdays, 7:00-9:00 p.m. • Group focus on healing, self-exploration and natural interests. $125 per semester. Call 930-2624.

The Way of the Superior Man with David Deida through Church of Today • Oct. 2-3, 7:00-10:00 p.m. • A workshop for men only. $75. Call 810-758-3050.

Mid-Life

Rite of Passage: The Soul's Call at Mid-Life with Jill Blixt • Oct. 6, 7:00-10:00 p.m. and Oct. 7, 9:00-4:00 • Rather than a time of crisis, mid-life can be a powerful call from our Soul to be authentic, claim our gifts and honor our dreams. Through writing, image-making and ceremony, we will retreat to weave together the threads of our personal journey, harvest the gifts from our past, create a sacred space to let go of the if onlies... and map our dreams for the future. Come initiate your rite of passage to this most powerful time of life. $115. Call 665-4577.

Midlife: A Retreat/Workshop for Men and Women with Gloria Riopelle through Visitation • Nov. 4, 10:00-3:30 • The Holy Spirit invites us to brood upon the waters of our life events and critical mid-life questions. This chaos is the very stuff God uses to create order, meaning and direction for life's second half. The day will include presentations, reflection time and sharing. $45. Call 734-242-5520; visitation@teleweb.net.

Midwifery

Clinical Prenatal Skills for Aspiring Midwives with Patty Brennan of The Holistic Midwifery Institute • 3 Fridays, Sep. 15-29; Noon-4:00 • This skills-oriented class emphasizes hands-on learning with pregnant women. We will cover simple, low-tech tests and techniques used by homebirth midwives to assess and enhance the health and well-being of both mom and baby. $130. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Neonatal Resuscitation Certification and Recertification with Laurie Hodder-Davis through The Holistic Midwifery Institute • Oct. 14, 9:00-4:30 • All students must obtain the 1995 Revised Edition of The Neonatal Resuscitation Textbook. Order your book ASAP as it takes 2-3 weeks to arrive. It is essential to study the book and do the chapter post-tests before the workshop. The class is designed to teach, practice and test the hands-on practical skills component of the training. The textbook and pre-test study component are designed to help you pass the written, theoretical portion of the certification process. Certification is good for two years. $80 for certification (11:30-4:30) or $40 for recertification (9:00-11:00 a.m.). Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Mothers & Daughters

A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Penny Baumeier and Beth LaVasseur through St. Joseph Mercy Health System • Oct. 21, 1:00-5:00 • This class provides both mothers and daughters (ages 9-12) with accurate information about the normal physical and emotional changes that pre-teen girls experience as they enter puberty. $45. Call 800-231-2211 or 734-712-5400.

Women of the Sandwich Generation with Lauren Ungar through St. Joseph Mercy Health System • Nov. 14, 7:00-8:30 p.m. • Find out how to balance the needs of your aging parents with the needs of other people in your life, such as husband and children. This session includes discussion on how past difficulties with parents can complicate matters. $5. Call 800-231-2211 or 734-712-5400.

A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Beth LaVasseur and Lorri VanderRoest through St. Joseph Mercy Health System • Nov. 18, 1:00-5:00 • This class provides both mothers and daughters (ages 9-12) with accurate information about the normal physical and emotional changes that pre-teen girls experience as they enter puberty. $45. Call 800-231-2211 or 734-712-5400.

Raising Strong and Confident Daughters with Carole Lapidos through St. Joseph Mercy Health System • Nov. 28, Dec. 5, 12, 19; 7:00-8:30 • "It's great to be a girl!" Parents of pre-adolescent girls (ages 5 and up) can develop practical strategies to help your daughters achieve and maintain high self-esteem. Do you wonder why elementary age girls with healthy bodies are saying, "I'm fat!"? Do you want your daughter to be able to know and voice her own opinion? Join us to discuss the limiting cultural stereotypes daughters today face and develop practical strategies for countering these risks and limits. $65. Call 800-231-2211 or 734-712-5400.

A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Rochelle Kostant and Lorri VanderRoest through St. Joseph Mercy Health System • Jan. 20, 1:00-5:00 • This class provides both mothers and daughters (ages 9-12) with accurate information about the normal physical and emotional changes that pre-teen girls experience as they enter puberty. $45. Call 800-231-2211 or 734-712-5400.

Strong Start: An Empowerment Group for Girls Ages 8-12 Years with Laura Sanders • For complete description, see listing under Kids & Young Adults.

Movement & Dance

Sacred Circle Dances with Esther Kennedy of Weber Center • Sep. 14, Oct. 12, Nov. 9, Dec. 14; 7:00-9:00 p.m. • A recurring theme in the worldview of modern psychics is that the universe is dynamic, marked by a continuous flow of movement, change and transformation. The universe is engaged in a continual cosmic dance of energy. Join the circle and dance our sacred journey. Donations accepted. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

It's Your Move with Gail Rucker • Oct. 1 and Nov. 5, 1:00-3:30 • In this creative expression workshop, connect with your self through the joy and freedom of movement. Using sound and silence, loosely structured exercises, invite you to turn inward and spiral outward in the dance your body is waiting to set free. Everyone is welcome. No experience necessary. The setting is safe and accepting. Have fun, feel free and get physical. $35 for one night or $65 for two. Call 993-3777, mymoves@aol.com.

Ann Arbor Authentic Movement Group • Bi-weekly, Wednesday evenings • We are a self-facilitated, ongoing peer group meeting since 1996 to explore authentic movement in community. We approach authentic movement as a personal process, psychological narrative, creative resource and divine play. We invite those who seek to cultivate awareness of their embodied selves to join us. Nominal fee to rent space. Call Robin Graubarth at 665-2345; redrobinah@aol.com or Peter Norlin at 878-2900; pfnorlin@ameritech.net.

Ann Arbor Authentic Movement Group Open Orientation and Discovery Sessions. Oct. 25 or Nov. 29, 6:30-9:30 p.m. • A2AMG opens itself to newcomers interested in a taste of discovery about the practice of Authentic Movement. See above description. Come once or both times. Nominal fee to rent space. Call Robin Graubarth at 665-2345; redrobinah@aol.com or Peter Norlin at 878-2900; pfnorlin@ameritech.net.

The Crazy Wisdom Calendar

Movement & Dance (continued)

Life Dance with Suzanne Willets Brooks • Saturdays, Sep. 16-Dec. 2, Noon-1:30 • Come and celebrate your dancing self. This class moves from the inner exploration of yoga to the playful improv of contact and structure of modern into the explosive rhythms of African dance. We are accompanied by expressive live drumming! Drop-ins welcome. $120. Call 482-2607; brooksjer@provide.net.

Dances of Universal Peace with John and Sylvia Middlebrooks • First Friday of each month, 7:00-9:00 p.m. • All are invited to participate in simple circle dances accompanied by songs and chants from the world's spiritual traditions. This is meditation in motion. All dances are taught. No partner needed. $5 requested donation, but not required. Call 996-1332; jmidd@umich.edu.

Earth Dance with Jesse Richards • 6-week classes start Sep. 11; Level 1: Saturdays, 3:00-4:15 or Level 2: Mondays, 5:30-7:00 p.m. • Earth Dance combines many styles including Jazz, African and martial arts. It is an exciting, energetic dance style which develops a strong sense of strength, alignment and joy of moving. Earth Dance reminds us we are part of nature, and that dance is a way of life - a part of our spirituality, sexuality, work, politics, health. To bring a greater richness to our dance experience, we also include some chanting and song. $54. Call 995-2972; jessing@msen.com.

Music & Sound

Jazz Mass with Rev. Matthew Lawrence • Every Sunday, 5:00 p.m. • Contemporary worship with the music of Stephen Rush and Quartex. Free supper following service. Free. Call Clare Bauer or Matthew Lawrence at 665-0606.

Resonance and Rhythms Playshop with Judy Piazza • Concert Oct. 6, 7:30 p.m.; Playshop Oct. 7, 10:00-6:00 • Explore sound, rhythm and voice in a soulful and playful way! Call 248-656-1071; jpiazza@igc.org.

Singing for the Earth with Jeanne Mackey • Sep. 8, 7:00-8:00 p.m. • All are invited to an evening of singing and chanting simple earth-friendly songs in a safe, nourishing environment. We will draw from Native American, Goddess and traditional folk repertoires, with a couple of Girl Scout songs for good measure. All voices welcome - no musical experience necessary. Free. Call Borders at 677-6948 or www.geocities.com/jmackey50, jmackey50@yahoo.com.

Native American

Moon Lodge 2000 with Lynnette Michalik • Sep. 13, Oct. 13, Nov. 11, Dec. 10; 7:00 p.m. • An open circle of women gather on the full moon praying in the sacred sweat lodge lineage. We honor sister moon's gifts of receptivity and creativity and share our visions. Various themes include elemental alignment, goddess studies and coempowerment. Ceremony is free. Suggested donation is $10. Call 734-475-6030.

Elemental Alignment Tools for 2000 with Lynnette Michalik and Jackie Garvin • Sep. 9 and Sep 30, 11:00-5:00 • A workshop focused on tools and techniques that will assist us with inner balance and harmony with all the worlds of grandmother Earth. Teachings will be interwoven with practices that will enable participants to empower themselves daily. The elemental world will be the springboard for this workshop. $50 for each session. Call Lynnette at 734-475-6030 or Jackie at 313-565-9685.

Mask Making with Lynnette Michalik and Jackie Garvin • Oct. 21, 10:00-5:00 • Mask Making - creating a new story. A workshop where participants will make individual masks of their own faces. We will explore masks we wear and masks that we can become. We will decorate and adorn our creations as we recreate and empower ourselves. $50. Call Lynnette at 734-475-6030 or Jackie at 313-565-9685.

Nature & Environment

Living Simply: Listening to the Needs of the Earth, Others and Ourselves with Patricia Benson through Weber Center • Sep. 26, Oct. 24, Nov. 28; 7:00-8:30 p.m. • As we move into the new millennium, we are invited to be people with eyes to see, ears to hear and hands to act. The needs of the earth, the needs of the poor people and our own deepest needs are no longer separate, but intertwined in the web of life. Listen and discuss with others how we individually and together might live more simply, richly and reverently. Donations appreciated. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org., http://www.op.org/adrian/weber.htm.

Owl Prowl with Kim High • Sep. 30, 7:00 p.m. • Come spend a wonderful evening learning about and calling various Michigan owls. In the beautiful woods and valleys of Upland Hills Ecological Awareness Center, Kim High will treat us to an evening to remember! An adventure for all ages. Includes refreshments. $10 or $20 per family. Call Gary at 248-628-7463.

Solar Tour at Upland Hills Ecological Awareness Center • Oct. 14, 10:00-4:00 • The Upland Hills Ecological Awareness Center and The Oxford Strawbale Studio will both be part of a regional and national annual solar tour. The UHEAC features solar electric and passive solar heat, as well as wind and wood power, a living and earth bermed roof and many energy efficient features. The Oxford Strawbale Studio uses the sun to heat and light this thatched-roof natural building in progress. Both are in beautiful settings. Free. Call Deanne at 248-363-1756; ecoartdb@aol.com.

Dinner Party with Stephanie Mills and Victor McManemy at Upland Hills Ecological Awareness Center • Oct. 21, 7:00 p.m. • A candlelight Mexican buffet with internationally known ecologist and author Stephanie Mills. Music provided by folk singer, songwriter Victor McManemy. The Great Lakes flows in the veins of both of the environmentally progressive artists. A fun evening with great food, lively entertainment interesting conversation. Tickets are limited. $25. Call Gretchen at 248-628-7463 or 248-693-1021.

Photos by Linda Lawson

Storyteller Antoinette Thoin is leading a host of personal growth workshops this fall.

Nutrition & Food Medicine

Energetic Food Analysis with Tom Egan • Oct. 19, 7:00-9:00 p.m. • Receive an energetic food analysis and feel how those foods compare with other members of the group. Find out the specific foods that generate and degenerate health for your unique constitution. Hone in your intuition through a process of kinesthetic comparison. An experiential workshop with readings, channeling, Q & A and discussion. $25. Call 975-4431.

Finding Balance: Body/Mind/Spirit Wholeness through Nutrition with Mary Busse • Sep. 16, 30, Oct. 14, 28, Nov. 11; 9:30-3:30 • Become "body balanced" by learning how to listen to your body's inner wisdom, versus all of the hype of today's latest fad diets. Workshop will include practice of the interdependence of nutrition, exercise and mindfulness. $85 includes lunch and support materials. Call 248-344-1687.

Oriental Medicine

5 Element Theory with Wasentha Young • Dec. 13, 6:00-8:00 p.m. • The 5 Element Theory is the foundation of traditional Chinese medicine. The Chinese identifications within the character of the word "element" imply movement, a coming together, exchange and change. Learning about the 5 Element Theory helps to bring clarity in comprehending the qualities associated with the organic process of nature. The increasingly poignant and revealing concept of the complementary or generative cycle as well as a destructive, degenerative or controlling cycles relative to our existence is poignantly expressed in this Theory. $50. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Introduction to Acupuncture and Oriental Medicine with Brodie Burris • First Monday of each month, 7:00-8:00 p.m. • A discussion of the theory and practice of acupuncture and Chinese herbology. An acupuncture demonstration and Q & A will follow the lecture. Free. Call 975-2745.

Parenting

ot Camp for New Dads through St. Joseph Mercy Health System • p. 23 from 9:00-Noon, Oct. 12 from 6:00-9:00 p.m., Oct. 28 from 0-Noon, Nov. 9 from 6:00-9:00 p.m., Dec. 7 from 6:00-9:00 p.m., Dec. from 9:00-Noon or Jan. 11 from 6:00-9:00 p.m. • This one-day class designed for first time fathers of all ages. You'll learn lots of practical ormation on parenthood, baby care, becoming a family and supporting new mom. You'll even get hands-on experience in holding and mforting a baby with the help of veteran dads who bring their babies to ss. Taught by men! $20. Call 800-231-2211 or 734-712-5400.

od Boys, Good Men: Raising Sons Today with Carole Lapidos and ni Meier through St. Joseph Mercy Health System • Oct. 3, 10, 17, ; 7:00-8:30 p.m. • Are you concerned about the messages your son eives about how to be a man? Do you want your son to grow up ntle and strong, independent and respectful? Do you want your son to able to express emotions other than anger? Solid family support offers single strongest defense against negative cultural influences. Join us learn strategies to continue building your son's unique personality and y emotionally connected as he grows to become a man. $65. Call 800-1-2211 or 734-712-5400.

Personal Growth

ghten that Load! With Antoinette Thoin • Oct. 5, 7:00-9:00 p.m. • Too much to do? Not ough time or energy to do it? Without compromising your responsibilities or your lationships, create space for yourself. Learn to observe and direct your life with simple ercises that take little or no time at all and support your life's deeper meaning. $35. Call tsy Adams at 734-327-2800.

e Happy with Antoinette Thoin • Nov. 2, 7:00-9:00 p.m. • In a rut? Bored? Overextended? xercise your right to happiness! Learn exercises you can use to turn your life around. urn life into a playground supervised by deeper parts of yourself. Live from the heart! 35. Call Betsy Adams at 734-327-2800.

lore Joy! With Antoinette Thoin • Dec. 7, 7:00-9:00 p.m. • An upbeat, heart-connected warding year end review! Wouldn't it be great to magnify and project this year's successes, their joyful effects into the year 2001? Try out a few innovative ideas, exercises and sy-to-do activities that support joy. $35. Call 734-327-2800.

et a Life with Jill Blixt • Sep. 16, 8:30 a.m.-12:30 p.m. • We often say "Get a life" rather an try to create one that gives us joy. Come spend a morning to help yourself open to ur heart's desires and identify what you really want in life. Through writing, collage and eative lay, renew your optimism and create momentum for manifesting your heart's desire. 45. Call 665-4577.

Woman's Retreat: Exploring the Magic Within with Jill Blixt and Susan Steiner • Oct. 5, 10:00-4:00 • Join us in an experiential retreat. Through writing, collage and ceremony, e will weave together the magic and mystery of being female. Come retreat for a day and arn how to create a life that embraces, nurtures and honors who you are as women. $75 cludes lunch and art supplies. Call Jill at 665-4577 or Susan at 677-3255.

Prosperity: Opening to the Flow with Jill Blixt • Nov. 4, 8:30 a.m.-12:30 p.m. • Prosperity - we read about it, dream about it and even map out strategies to attain it - but it often eludes us. Come spend a morning opening to the flow, through collage, writing and creative imagery. Learn some ways to step out of struggle and into a nurturing partnership with the universe. $45. Call 665-4577.

Creative Living with Deborah Harrington and Molly Mulliner • Mondays, Sep. 25-Oct. 23, 7:00-9:00 p.m. • Fundamentals of abundant living. In class, we will cover simplifying and enriching our lives, materially, emotionally and spiritually. We will use Feng Shui, I Ching and tarot to explore and create our desired lifestyles. A portion of each class will be spent in ever deepening states of meditation. $60. Call 475-0631.

Self Worth: The Foundation of Our Empowered Self with Bronwen Gates • Oct. 15, 1:00-5:00 • The empowered self knows its spiritual power and also gives itself the permission and authority to utilize this power. When self worth is undeveloped, missing or misunderstood, we are unable to develop that self. This workshop presents an overview of the empowered self and explores in depth the nature of self worth and how we may claim our worth as a foundation for our empowered self. $55 or $45 if paid by Oct. 2. Call 769-9014; bronwild@aol.com.

Creating the Life You Prefer with Bronwen Gates • Oct. 4, 11, 18, 25, Nov. 8, 15, 29, Dec. 6; 7:00-9:30 p.m. • In this class, spread over three months between equinox and solstice, you will practice how to be responsible for and to the life you presently enjoy and the life you would prefer. You will learn a process and techniques to bridge the gap between the present and the future, in whatever arena of your life you choose to focus during this time together. Class will also include guided visualization, writing, reflection and practice between classes. $275 or $250 if paid by Sep. 20. Call 769-9014; bronwild@aol.com.

Pregnancy & Childbearing

Why Can't We Get Pregnant? with Jonathan Ayers and Teresa Gallagher through St. Joseph Mercy Health System • Oct. 11, 7:00-8:30 p.m. • A general overview of reproductive anatomy and infertility evaluation, including male factor, tubal status and ovulatory dysfunction. Defining current reproductive therapies and information to assist in understanding the emotional and psychological issues surrounding infertility. $5. Call 800-231-2211 or 734-712-5400.

Pregnancy: Joy, Challenges and Transitions Group Therapy with Laurie Krauth • Explore with others the profound changes you are experiencing and that await you as a new mother. Discuss concerns about changes in your identity, work life and relationships. $30 per session. For dates and times, call 996-9111 ext. 234; lauriekrauth@iname.com.

Pregnancy and Birth Basics with Patty Brennan of The Holistic Midwifery Institute • 6 Mondays, Sep. 11-Oct. 23; 6:30-9:30 p.m. • This introductory-level course is designed to provide consumer-oriented childbirth education for aspiring birth professionals. $195. Call 663-1523; patty@holisticmidwifery.org. or www.holisticmidwifery.org.

Childbirth Preparation Classes with Patty Brennan of The Holistic Midwifery Institute • Wednesdays, Oct. 11-Nov. 15; 7:00-9:15 p.m. • Share in a midwife's experience with normal birth. Series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies are included. $165 per couple. Call 663-1523; patty@holisticmidwifery.org. or www.holisticmidwifery.org.

Holistic Postpartum Doula Care and Breastfeeding Counseling with Patty Brennan of The Holistic Midwifery Institute • Oct. 21-22, 9:00-5:00 • Learn the skills necessary to offer a well-rounded Postpartum Doula Service to new moms, their babies and families. How can the doula help mothers overcome breastfeeding difficulties? What role can herbs and homeopathic remedies play in the postpartum period? How should you define your scope of practice? What business skills are necessary for self-employment? Come and learn the answers to these questions or enhance your existing doula practice. $175 or $155 if paid by Oct. 1. Call 663-1523; patty@holisticmidwifery.org. or www.holisticmidwifery.org.

The Crazy Wisdom Calendar

Pregnancy and Childbearing (continued)

Doula Skills Training and Certification with Patty Brennan of The Holistic Midwifery Institute • Nov. 30-Dec. 3; Thursday 6:00-10:00 p.m., Friday-Sunday 9:00-5:00 • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include birth basics, labor support strategies, holistic therapies for doulas, essential communication and advocacy skills, and professional and business skills necessary to establish your own successful service. $325 or $290 if paid by Nov. 9. Call 663-1523; patty@holisticmidwifery.org. or www.holisticmidwifery.org.

Professional Enrichment

Flower Essences: An Introduction for Health Practitioners and Therapists with Bronwen Gates • For complete description, see listing under Flower Essences.

Pathology Workshop with Margaret Szedenits and Maggie Miller at Ann Arbor Institute of Massage Therapy • Oct. 21, 8:30-5:00 • The study of the nature of diseases and the structural and functional changes produced by them. Therapeutic Massage Therapists are ethically responsible for recognizing clients' deviations from normal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can practice. $125. Call Connie at 677-4430, fax 677-4520.

Obesity and Binge Eating Disorder with Joan Ebbitt through Weber Center • Nov. 3, 9:00-4:00 • This workshop for professionals will examine the symptoms and effects of binge eating disorder. It will offer ideas and methods to help the obese binge eater make healthy lifestyle changes. It will provide information about normalizing eating behavior, cognitive restructuring and relapse prevention. $65. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Reiki

Drop-In Reiki and Seated Massage with Robert Hughes • Fridays, 4:00-6:00 at the Crazy Wisdom Tea Room • Receive the grace and healing power of Reiki in a comfortable, convenient and private space. $1 per minute, $50 per hour. Call 827-1443.

Dialogues with Phyllis Lei Furumoto: The Evolution of Usui Shiki Ryoho • Sep. 15, 10:00-6:00 • A day for Reiki Masters to explore the dimension of teaching Usui Shiki Ryoho as a spiritual discipline conducted by Phyllis Lei Furumoto, a Grand Master in the Usui System of Reiki Healing and Hawayo Takata's granddaughter. Bringing greater awareness to this aspect of spiritual discipline can alter the way we approach our students and or own practice, inviting us to look more deeply at our embodiment of this aspect. Open to Masters from all lineages and traditions of Reiki. $115. Call Suzy Wienckowski at 665-8665.

Dialogues with Phyllis Lei Furumoto: Preparation for Mastery in Usui Shiki Ryoho • Sep. 16, 1:00-6:00 • A time for Reiki Master Candidates to explore the preparation necessary for taking this step toward mastery and a lifetime commitment to a path of personal healing. What is recommended, necessary and possible? Open to Reiki Masters and students interested in Master training. It is recommended that Masters accompany their students. $60. Call Suzy Wienckowski at 665-8665.

Dialogues with Phyllis Lei Furumoto: What Is Usui Shiki Ryoho? • Sep. 17, 10:00-6:00 • A rare opportunity for all Reiki students and Masters to sit in circle, participating in the oral tradition. Phyllis will describe the aspects and elements of Usui Shiki Ryoho and invites all to engage in an exploration leading us to a deeper understanding of the system and our own journey within it. Open to Reiki students of all levels and those interested in Reiki. $45. Call Suzy Wienckowski at 665-8665.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Nov. 1, 7:00-9:00 p.m. • Suzy speaks on the Usui System of Reiki Healing. In this ancient, hands-on healing art, the Universal Life Force is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments will be offered for this wishing to stay after the talk. Free. Call Suzy Wienckowski at 665-8665.

First Degree Reiki Class with Suzy Wienckowski • Oct. 13-15 or Nov. 17-19; Friday 7:00-9:30 p.m., Saturday 9:30-4:00, Sunday 9:30-12:30 • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: mind, body, spirit. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others and four individual initiations. Certificate awarded. $150. Call 665-8665.

Second Degree Reiki Class with Suzy Wienckowski • Oct. 27 from 7:00-9:00 p.m. and Oct. 28 from 10:00-4:00 • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. $500. Call 668-8071.

Second Sunday Healing at Lighthouse Center • Second Sunday of each month, 4:30-6:00 p.m. • Hands-on Reiki healing open to the public. Free. Call Brenda Hieber at 734-426-1151

First and Second Level Reiki Workshops with Robert Hughes • Sep. 23-24, Oct. 21-22, Nov. 18-19, Dec. 16-17 • Through the attunement process, this class empowers the individual to channel Reiki - the universal life force - for the benefit of self and others. Certificate granted. $210 or $160 if paid 1 week in advance. Call 827-1443.

Reiki Healing Circle with Shawn Butler and Robert Hughes • Sep. 14, Oct. 12, Nov. 9, Dec. 14; 7:00-9:30 p.m. • Open invitation to the public to experience Reiki and other healing modalities in a safe and sacred space. All healers and interested parties welcome t attend. Our intention is to bring healing to the community. Donations accepted. Call Shawn at 827-2764 or Robert at 827-1443.

Reiki Level 1 with Marliesa Back and Gary Arnold • Sep. 2, 9:00-4:00 • Reiki is a gentle yet powerful healing energy. Learn the history of Reiki and how to use Reiki, learn the hand positions for use on yourself and on others and receive traditional initiations to allow you to transmit Reiki energy. Classes are small with plenty of opportunity for practice and questions. $95. Call 428-1451.

Reiki Level 2 with Marliesa Back and Gary Arnold • Oct. 27 from 7:00-10:00 and Oct. 28 from 9:00-4:00 • For those who have taken Level 1 Reiki and wish to learn more and deepen the flow of Reiki energy. Receive traditional initiations and learn how to use Reiki symbols to send Reiki energy across distances and to increase energy flow in hands-on work. Classes are small with opportunity for practice and questions. $150. Call 428-1451.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Sep. 9, Oct. 29 or Dec. 17; 9:00-6:00 • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. Class sizes are limited to allow for individual attention and traditional attunements. In this workshop, the student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing and self healing techniques. $125 includes manual and certificate. $95 if paid one week in advance. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Nov. 18 from 6:00-10:00 and Nov. 19 from 10:00-4:00 • Traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. $225 or $180 if paid one week in advance. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Sep. 7, Oct. 5, Nov. 2, Dec. 7; 7:00-9:00 • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Reiki with Animals with Ray O. Golden of Center for Intuitive Health • Sep. 9 and 11, Oct. 29 and 30 or Dec. 17 and 18; Saturdays or Sundays from 9:00-6:00 and Mondays from 7:00-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724; intuitivehealth@aol.com.

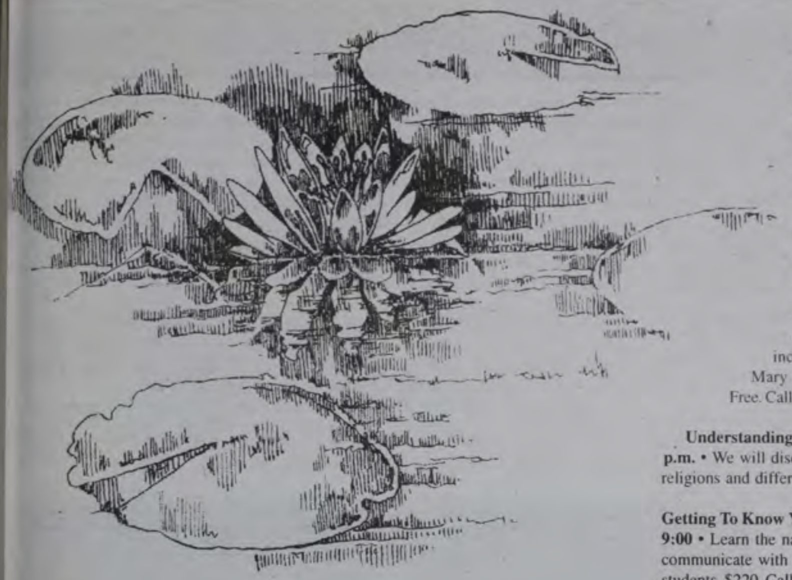
> There came a time when the risk to
> remain tight in a bud was more painful
> than the risk it took to bloom.
> - Anais Nin

Sexuality

Men and Women: The Spiritual Dynamics of Sexuality with David Deida at Church of Today • Sep. 12, 5:30 p.m. • $35. Call 810-758-3050.

Shamanism

Shamanic Empowerment: A Transformative Weekend Workshop with Mateyo Empie • Oct. 20-22; Friday 7:00-10:30, Saturday and Sunday 10:00-5:00 • An introduction to shamanic healing practices ancient and modern. Learn grounding, creating sacred space, using your luminous healing body, channeling healing energy, setting boundaries in relationships, raising spiritual energy, the Peruvian fire ceremony, types of spirit guides, vitalizing and repairing the aura and other tools to heal and empower ourselves. Packed with the most effective tools of transformation this class is the first in a year-long series around the Medicine Wheel of Healing, Mystery and Vision. $225 with $25 discount if paid by Oct. 6. Call 663-5505; snakewillo@aol.com.



alking the Realms of Salka with John Van Zandt • Sep. 9-10, 10:00-6:00 • Salka, or ild Energy, is the pristine and primal expression of Nature. Through movement and amanic journey techniques, you will have the opportunity to explore and encounter irits of Nature - the spirits of water, wind, earth and fire. These engagements awaken our dies so that we become more in harmony with ourselves and our surroundings. $150. ll 313-883-1012 or 313-506-8227.

aretaking the Soul: Healing and Empowering for Dying and Living with John Van Zandt Oct. 13-15, Friday fire ceremony at 7:00 p.m.; Saturday and Sunday 10:00-6:00 • This orkshop is a series of spiritual engagements that prepare you not only to live your own e more fully, but to also be ready whenever there is the need to be of service to those ound you. Included in this workshop will be Spirit Flight, the Pathways of the Soul, Soul tegration and healing techniques for caretaking the soul in life and in transition. $180. ll 313-883-1012 or 313-506-8227.

amanic Body Postures with John Van Zandt • Nov. 4-5, 10:00-6:00 • The experiential mensions of the shamanic journey are greatly enhanced through the use of ecstatic stures. The postures, which are based on ancient artwork found in stone and pottery, e psycho-genetic keys to doorways of ancient wisdom. Opening these doors allows our dies to remember its sacred connection to all that is. $150. Call 313-883-1012 or 313-506-27.

hunpi Stones and the Bands of Power with John Van Zandt • Dec. 2-3 and Dec. 9-10, 0:00-6:00; Fire ceremony on Dec. 10 at 7:00 p.m. • Part One: This two-weekend workop will take you through each of the Bands of Power. In this encounter, you will gain owledge of the three worlds, the four elements and receive an imprint of the Inkan mpire within your spiritual essence. Part Two: The Chunpi Stones are the living agents of ndean cosmology. They transmit their knowledge through the Bands of Power, which eave together and wrap you within the sacred mysteries of the Andes. The workshop will nclude with a sacred Fire ceremony. $300. Call 313-883-1012 or 313-506-8227.

Singing & Songwriting

olistic Vocal Singing Classes for Adults with Jesse Richards • 6 Wednesdays, 6:00-:30 p.m. or 6 Thursdays, Noon-1:30, sessions begin Sep. 13 • Holistic Vocal Training ables you to sing your best while developing greater self awareness, technical expertise, eativity and confidence. All vocal styles and levels welcome. This class is also beneficial r songwriters, public speakers and those engaged in personal healing process. $120. Call 95-2972; jessing@msen.com.

olistic Vocal Singing Class for Teenagers with Jesse Richards • 6 Thursdays, 4:00-:00; session begins Sep. 14 • Teenagers can have fun learning vocal technique, harmoes, songwriting, performing skills and making new friends. Jesse's classes are ultra pportive environments for teens to develop confidence and explore the arts. $140. Call 95-2972; jessing@msen.com.

Spiritual Development

ednesday Evening Meditation for the Public with Brenda Morgan • Sep. 13, Nov. 15; :00-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which "inner lightenment/no mind within" has occurred. This evening has been set aside for those terested in exploring and connecting to someone who is in a spiritually transformed ace. As a Westerner, Brenda is exploring how to communicate this transformation with ose how have a connection with the world and wish to continue to interact with it as ey evolve. Her own transformation occurred while still in relationship with the world with concomitant slowing down within her being as she became aligned to the Holy Spirit. ree. Call Susan at 665-0536.

elf Focused Healing vs. Surrender of Self Into God with Brenda Morgan • Oct. 6, 7:00-:00 p.m. • Brenda's spiritual transformation will be the basis for this evening's spiritual minar. Time is set aside for questions and answers as well as direct experience of the editative state. $35. Call Susan at 665-0536.

A Gathering In Spirit with Brenda Morgan • Oct. 7 and Dec. 9, 9:00-4:00 • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities are to help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the first priority in life: God. No experience necessary. $85. Call Susan at 665-0536.

Evening Talk with Gurudev at Lighthouse Center • Sep. 3, 7:30-8:30 p.m. • Gurudev will share his insights on forgivingness and being able to live life more fully. $20. Call Nirmala at 663-2218.

Spirituality Transforming Your Life with Virginia Harris at Church of Today • Sep. 27, 7:30 p.m. • She will discuss how spiritual solutions, including spiritual healing, are relevant today. Explore practical ideas from Mary Baker Eddy's book, *Science and Health with Key to the Scriptures*. Free. Call 810-758-3050.

Understanding Islam with Imam Hassan Qazwini at Church of Today • Sep. 13, 7:30 p.m. • We will discuss Islam in America, the basics of Islam, differences with other religions and different Islamic schools of thought. Free. Call 810-758-3050.

Getting To Know Your Guides with Shala Kilmer • 6 Mondays beginning Nov. 6, 6:30-9:00 • Learn the names of your spirit guides as well as how they help you. Find out how to communicate with them to accomplish your earthly and spiritual goals. Limited to 10 students. $220. Call 248-258-8287.

Monthly Video Satsang with Gangaji and Eli, presented by John Cardwell and Sue Erickson • Once a month on Sunday, 11:30-1:30 • Eli and Gangaji are students of Poonjaji in the lineage of Ramana Maharshi. The videos are Satsangs, which are discussions and dialogues of the true nature of being and the root causes of suffering. Meditation and discussion of the video are a part of the offering. Free. Call 994-5320; jcardw5003@aol.com.

Evening Satsangs and Retreat with Eli-Jaxon Bear • Evenings: Sep. 6-8, 7:30-9:30 p.m.; Retreat: Sep. 9-10 • Satsang is a Sanksrit word meaning association with the truth of who you really are. In our time together, we will sit in meditation, engage in dialogue and questions and open in the silent truth of being. In the lineage of Ramana Maharshi. $10 for Satsangs; $190 for retreat. Call 994-5320; jcardw5003@aol.com.

Diamond Heart: A.H. Almaas Study Group with John Cardwell and Lou Weir • Every other Thursday evening beginning in Sep. • An ongoing study group of the work of A.H. Almaas and his Diamond Heart School. We utilize meditation, inquiry, discussion, exercises to explore the material studied. Free. Call John at 994-5320 or jcardw5003@aol.com or Lou at 663-1675.

Seminar: An Introduction to the Diamond Heart School and Method with Kirk Dennis • Dec. 2-3 • Through lecture, exercises, discussion and meditation, Kirk will introduce us to the perspective and work of the Diamond Heart School, founded by A.H. Almaas. This will be an ongoing group four times per year. Call John at 994-5320 or jcardw5003@aol.com or Lou at 663-1675.

Sitting Prayer at Visitation • Mondays, Noon-12:30 • This time is an opportunity to connect with God as the center of one's being in a quiet environment with a community of praying people. Presence for the full half hour is expected. Free. Call 724-242-5520; visitation@teleweb.net.

Ordinary Mystics with Judith Bonini and Mary Ann D. Carolin at Visitation • Sep. 16, 9:30-3:30 • The integrated connection between prayer prayed and life lived is in one's own heart. Come explore the lives of those we call mystics. We will see what we have in common with them for we are all called to be mystics. $45. Call 724-242-5520; visitation@teleweb.net.

Harvesting the Soul: A Reflection Day with Sally Gabany at Visitation • Oct. 21, 9:30-3:30 • To understand the harvest of the soul within the seasonal rhythm can bring a sense of gratitude and peace. Seeds sown in the spring and nurtured by summer yield their fruit in autumn. Each autumn extends an invitation to harvest our life experience. The day will include input, time for personal reflection, ritual and sharing. Join us for this day of soul gathering. $45. Call 724-242-5520; visitation@teleweb.net.

Flower of Life Workshop 2000+ with Lorna Brown • Dec. 2-3, 9:00-5:00 • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 734-428-8748; starlabrow@aol.com.

Gurdjieff Ouspensky: A Fourth Way School with Jeanie Wayker • Sundays at 2:00, Wednesdays or Thursdays at 7:00 p.m. • This teaching is based on the idea that a change in the level of one's knowledge must be accompanied by a change in the level of one's being. The school provides the necessary conditions for actualizing this aim without retreating from life. Man in the ordinary conditions of life uses only the lower, more mechanical parts of his functional abilities. With the help of this school, which is derived from higher mind, we acquire the possibility of coming in contact with our higher functions and fulfilling our potential as human beings. Free. Call 697-2477; marie12@mediaone.net.

Riches and Honor! with Edwene Gaines of Unity Church of Ann Arbor • Sep. 30, 10:00-1:30 • An in-depth workshop probing the metaphysics of prosperity, the function and practice of forgiving, faith... the mystical mandate, how to have the understanding heart, playing the giving game at the Olympic level and the prosperity power of compassion. $20 suggested donation, but no one is turned away. Call Scott or Sonja at 434-8545.

The Crazy Wisdom Calendar

Spiritual Development (continued)

Book Discussion Group: *Paradise* by Toni Morrison with Esther Kennedy of Weber Center • Sep. 12, Oct. 10, Nov. 14, Dec. 12; 6:30-8:30 • In an interview with Borders.com, Toni Morrison was asked, "In *Beloved*, the theme was maternal love and in *Jazz*, the theme was passionate love. What kind of love did you write about in *Paradise*?" She replied, "In general terms, it's the love of God, or some version of moral life. The passionate, even excessive devotion to God as is manifested in how we construct paradises." Come, read and engage with others willing to take the leap into the mind and heart of Toni Morrison. $20 for the series. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.htm.

Spirituality & Health

Meditation and Spiritual Healing with Jonathan Ellis • Every Sunday, Sept. 10-Dec. 17(except October 1) at Noon • Every Sunday in the Crazy Wisdom Meeting Room, Jonathan Ellis leads a silent healing meditation for those present, as well as for people who have asked for distant healing. After the 15 minute group meditation, Jonathan offers individual spiritual healing prayer for those who request it, using the training he received as a spiritual healer at the 100 year-old Cassadaga, Florida Spiritualist community. Free. Call 668-6672.

Sports & Spirit

The Spiritual Athlete with Tom Egan • Sep. 28, 7:00-9:00 p.m. • Experience mind-boy sport techniques to help you enter into the zone. Most athletes are interested in enhancing performance so why not come from where the true power lies? Explore all sorts of techniques and ideas for increasing your level of performance. $25. Call 975-4431.

Stress Management

Meditation for Stress Management with Sandy Finkel • Sep. 18, 25, Oct. 2, 16, 23, 30, Nov. 6, 13; 7:30-9:00 p.m. • Meditation and awareness are effective tools to better manage stress and experience more joy in life. Learn strategies to handle anger and anxiety and learn to respond to life events with greater calm and clarity. $150. Call 769-0053; smfinkel@umich.edu.

Tai Chi

Beginning Chen Style Tai Chi Chuan with Great Lakes Wushu • Mondays and Thursdays 6:00-7:00 p.m. and Saturdays 10:00-11:00 a.m. beginning Sep. 7 • During four month sessions, we will learn a 36 movement form, principles of tai chi, basic stances, silk reeling energy exercises. $65 per month. Call Richard Miller at 994-5980; greatlakeswushu@homestead.com.

Bagua and Yi-chuan Instruction for Internal Martial Arts with Victor Chao • Thursdays, 7:00-9:00 p.m. • In-depth study of the workings of internal martial arts, mainly focusing on Yi-chuan stance practice to develop strength for martial arts, especially Bagua and Hsing-yi. $50 per month. Call 663-8073.

Tai Chi Chuan with Evie Craig at Visitation • Sep. 12, 19, 26, Oct. 3, 17, 24; 7:00-8:15 p.m. • Tai Chi invites us to be attentive, to become deeply focused in the center of our being. These guided sessions will offer the basic form as well as the opportunity to rekindle the connection with the inner self. Wear comfortable clothing. Limited to 20. $40. Call 734-242-5520, visitation@teleweb.net.

Qi Gung for Optimal Health with Robert Hughes • Saturdays, 9:30-10:30 a.m. • Qi Gung exercises are easy to learn and promote optimal health and vitality. Students learn from two 15-minute exercise sets and several short exercise sets. $60 for 6 weeks or $12 for drop-in. Call 827-1443.

The Internal Arts: Tai Chi Chuan and Chi Kung with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung, presented by Weber Center • Nov. 3 at 7:30 p.m. through Nov. 5 at 1:00 p.m. • Come and study the ancient arts of China with a master teacher. Tai Chi Chuan emphasizes the relaxation and integration of the mind, body and vital spirit. Chi Kung, a type of Taoist Yoga, directly affects the body's physical and energy systems. Throughout the weekend, you will seek out the practical applications of what you are learning and how to have them become part of your everyday life. $125. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.htm.

Tai Chi Chuan Beginner Class with Jim Carey and Beth Wiggert • Thursdays 6:00-7: and/or Saturdays 9:30-10:45 a.m., Sep 14-Dec. 16; practice sessions Wednesdays 6:00-7:00 p.m. • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery whi in motion. Balance and an overall sense of well-being are enhanced through these techniques as well as the unique, slow and graceful movements and breathing coordination. T Chi Chuan is often characterized as meditation in motion because of the stillness it exemplifies. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-069 www.peacefuldragonschool.com.

Form Progression with Wasentha Young • Tuesdays and/or Fridays 6:00-7:00 p.m., Sep. 12-Dec. 15 • After completing the Tai Chi Chuan solo form, students who would like to continue their study can join this ongoing class. The form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen the student's insight of their body/mind connection, locating and dissolving tension and understanding the dialogue between body, mind and spirit. $135. Call Peaceful Dragon School of Tai Chi Chuan and C Kung at 741-0695; www.peacefuldragonschool.com.

Photo by Linda Lawson

Tom Egan, an engineer by training, has developed Spirit programs for adolescents and athletes. He also offers "healing waters therapy".

Push Hands with Wasentha Young • Tuesdays and/or Fridays, 7:00-8:00 p.m., Sep. 12-Dec. 15 • Push Hands is a two-person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to listen, adhere, yield and neutralize force. These principles expand beyond the interaction in class and hold the understanding of potential relationship in conflict resolution and corporate, political and the basic dynamics between groups and individuals. As students develop in this class, they move out of the choreographed movements into free-style Push Hands. Students must have complete the TCC form before enrolling in this ongoing class. $135. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tai Chi Sword and Saber with Wasentha Young • Tuesdays, 8:00-9:00 p.m., Sep. 12-Dec. 12 • The TCC Sword Form (double edged) is the most fluid of all the forms in TCC. It represents the water element, and is therefore considered the highest of all the weapons forms following the Taoist philosophical thought that "softness prevails over hardness as water prevails over all obstructions to its flow." The Staff Form is a 20 movement form that represents the wood element, and its season is spring. Its movements are quick and direct in comparison to the sword. $135. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung and Wild Goose Form with Wasentha Young • Mondays 6:00-7:15 p.m. and/or Wednesdays 8:30-9:45 a.m., Sep. 14-Dec. 13 (practice sessions Tuesdays, 7:30-8:30 a.m.) • Chi Kung is a type of Chinese Yoga. This class will focus on Chi Kung's soft and hard fundamental techniques, Chi Kung Buddhist, Taoist, Medical and Martial styles, mind/body coordinated movement, breathing techniques, stretching and an introduction to the energy pathways of the body. Students will also begin to learn the Wild Goose Form that combines the fundamental techniques of Chi Kung as it playfully and gently stretches the body's principal energy pathways. It is a continuous form of 64 movements and takes 15-20 minutes to perform, offering the body a complete exercise routine. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Beginning Tai Chi Chuan with Aiji Pipho through University of Michigan Pierpont Commons • Oct. 5-Nov. 9, Thursdays, 6:15-7:15 p.m. • An internal martial art that focuses on using the mind instead of brute strength. Its slow, graceful movements and deep breathing process can contribute to a general improvement in health. $40. Call Maryann Simons at 647-6838.

Tarot

Tarot Readings with Jeanne Adwani in the Crazy Wisdom Tea Room • Wednesdays on Sep. 6, 21, Oct. 4, 18, Nov. 1, 15, 29, Dec. 13 • $20 for 30 minutes or $40 per hour. Appointments appreciated. Call 662-8909 or email jadwani@yahoo.com.

Drop-In Rune Readings with Lee Cole • The first and third Thursdays of each month, 7:00-10:00 p.m. at the Crazy Wisdom Tea Room • No appointments necessary. $1 per minute. Call 449-4239.

Psychic Tarot #1: A Transformative Weekend Workshop with Mateyo Empie • Nov. 10-12; Friday 7:00-10:30, Saturday and Sunday 10:00-5:00 • Explore your psychic gifts with the Tarot and other oracles. Covers grounding and centering, choice, care and feeding of your deck, entering a card, setting psychic boundaries, enhancing your ability to find a personal set of meanings for the cards (no memorization) and much more. Each student will receive a short reading by the instructor. A fun class with concrete results, it is the first in a series leading to professional level expertise. $225 with $25 discount if paid by Oct. 28. Call 663-5505, snakewillo@aol.com.

Private Tarot Readings with Author Silver Ravenwolf at Crazy Wisdom Tea Room • Oct. 1, 2:00-7:00 p.m. • Get a private tarot reading with Silver. You must be registered in advance. $30. Call The Seeker Journal at 434-0599 for an appointment.

How To Read Tarot Cards with Richard Maurer • Wednesdays, Oct. 4-Dec. 6 (excluding Nov. 22). Intro Course 6:45-8:15 p.m.; Advanced Course 8:15-9:30 p.m. at Crazy Wisdom's Meeting Room • Learn the philosophy and meanings of the 78 cards of the Waite-Rider tarot deck and learn to give readings. You will learn a variety of spreads to use in different situations and also learn how to tap your intuitive and psychic abilities. Intro class covers the Major Arcana. Advanced class covers the Minor Arcana. Pick the class you would like. $35 for Intro class and $30 for Advanced class. Call 484-5123; esoterica123@aol.com.

Palmistry and Cards with Jewel Shelden through University of Michigan Pierpont Commons • Oct. 3-24, Tuesdays, 7:00-9:00 p.m. • Our hands reveal traits, talents and aptitudes, inherited health tendencies and much more. Learn to interpret the lines, signs, skin types, fingerprints, etc. In addition, the real secret to card readings will be explained. $40. Call Maryann Simons at 647-6838.

Therapy & Support Groups

Serenity Retreat for Women in AA with Bridget Kenny of Weber Center • Oct. 20 at 7:30 p.m. through Oct. 22 at 1:00 p.m. • Living the prayer of St. Francis asks nothing of us that we cannot do. To incorporate the power of this petition into daily living is true sobriety. Come and spend time with other women as we seek to discover how this prescription for living can bring us peace and happiness. $110. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.htm.

Overcoming Anxiety: Group Therapy with Laurie Krauth • 8 week sessions • Practical behavioral and cognitive techniques to reduce and control panic, generalized anxiety (excessive worry) and phobias. $30 per session. Call 996-9111, ext. 234; lauriekrauth@iname.com.

Women Taking Control of Your Life: Group Therapy with Laurie Krauth • Tuesdays, 6:30-8:00 p.m. • Whether you are doubting your self worth, stuck or unhappy at work or struggling with your partner or child, explore and defeat unhealthy patterns and self-sabotaging behaviors. $30 per session. Call 996-9111, ext. 234; lauriekrauth@iname.com.

Women's Supportive Therapy Group with Kristin Blackburn • Wednesdays, Sep. 13-Dec. 20, 7:00-8:30 p.m. • This ongoing women's group explores a variety of issues pertaining to participants' personal and professional lives. Topics include intimacy, communication, anger, conflict resolution and self esteem. $30 per session. Call 994-1531.

Weekly Women's Psychological/Spiritual Gathering with Suzanne Eastman • Tuesday or Wednesday, 7:30-9:30 p.m. • Committed group of women working on psychological/spiritual issues through a number of treatment modalities that include depth psychology, psychodrama, bioenergetics, Jungian archetypes, dream work, enneagram, Myers-Briggs and shamanism. $25. Call 665-9588; suzanne@home.msen.com.

Essence Point Women's Circle • Sep. 19, Oct. 17, Nov. 21, Dec. 19 • Discussion and sharing group focusing on topics of interest to women, such as spirituality, relationships, empowerment, metaphysics and healing. We will discuss *Chakras and Their Archetypes: Uniting Energy Awareness and Spiritual Growth* by Ambika Wauters to start the discussion. No need to have read this to attend. A short silent or guided meditation will be part of the gathering. $2. Call 913-9380; mckays@concentric.net.

Women's Empowerment Group Open House with Betz King Maille • Sep. 11, 7:00 p.m. • Meet and mingle with current group members and experience a short group process. Free. Call 248-582-3131.

Introduction to Women's Empowerment with Betz King Maille • Sep. 30 or Oct. 14, 1:00-5:00 • A preview of the work done in the ongoing women's empowerment group. Experience firsthand the power of women's empowerment work. $40. Call 248-582-3131.

The Women's Empowerment Group with Betz King Maille • Mondays, 7:00-8:30 p.m. • A group for women interested in accessing new levels of inner strength and awareness through the power of group work. Women support one another in moving beyond disempowered female roles while tapping into the wellspring of deep powerful womanhood within. $25 per week. Call 248-582-3131.

Wicca

Nationally known Wiccan Priestess and Author Silver Ravenwolf is leading seminars in Ann Arbor on September 30th, and signing books at Crazy Wisdom on October 1st.

Book Signing and Reception for Author Silver Ravenwolf at Crazy Wisdom Tea Room sponsored by The Seeker Journal and Crazy Wisdom Bookstore • Oct. 1, 11:00-1:00 and 8:00-10:00 p.m. • Silver Ravenwolf is a nationally respected leader and elder of Wicca, and the author of *To Ride a Silver Broomstick*, *Halloween* and *Teen Witch*. Free. Call Carol at Crazy Wisdom at 665-2757.

Protection Magick Seminar with Silver Ravenwolf sponsored by The Seeker Journal • Sep. 30, 11:00-Noon • Magical people would prefer a world where protection was not such an important part of living and working; but reality dictates that we all must know how to respond to everything from simple problems to the major issues involving our friends, family and homes. Learn from an expert what you can do to establish protection as a regular part of your living and working. $35. Call 434-0599,

Open Meeting for Wyrd Roots of the Sacred Forest Coven • Meetings begin at 8:00 p.m. • Sep. 6: Whose God Is It Anyway? A gods, goddesses and myths game show. Come test your knowledge and compete for fabulous prizes! **Oct. 11: Practical Magick.** Forget this astral travel and meditation stuff. I need a money spell! How do you use magick in daily life? Come to learn and share. **Nov. 1: Past Lives and Reincarnation.** Who were you? Come explore your past lives and share what you've learned. **Dec. 6: Craft Night with Chocolate.** Come make Yule decorations, listen to stories and participate in this famous Wyrd Roots Chocolate Ritual. Free. Donations accepted to cover rental space. Contact wyrdroots@icqmail.com.

Womenspirit

The Gathering Circle with Patricia Danks • Sep. 9, 1:00-3:00 • A group for women who are integrating new spiritual awareness with traditional religious beliefs. A feminine voice for women who are birthing a personal spiritual practice. 5 monthly, two-hour session. $35 per session. Call 635-9987.

Ruth and Naomi: Friends for Life with Camilla Burns of Weber Center • Dec. 9, 9:30-4:00 • The ancestors of Jesus were women of wit and wisdom who knew the Advent experience of waiting in emptiness for the fullness of life symbolized in a new birth. A road to a foreign land eventually leads back to Bethlehem in the fullness of harvest. You are invited to enter this Advent time and reflect upon the mystery of emptiness and fullness and how it continues to unfold in our human story and in the story of our earth. $40. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.htm.

Piece Work - Soul Work with Therese Craig, Ann Hughes and Carla Pitchford of Weber Center • Oct. 6 at 7:30 p.m. through Oct. 8 at 1:00 p.m. • We will explore the prophetic voices of women by reflecting on Lydia, Miriam and Deborah of the Old and New Testaments. Through periods of reflection, quilting, journaling and small group discussion, you will leave the weekend with a unique wall hanging. Come to the mountains. A supply list, project description and pictures will be sent upon registration. Plan on bringing a portable sewing machine. $125. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.htm.

Women Weaving the Web of Justice at Visitation • Sep. 6, Potluck salad supper at 6:00 p.m., Prayer service at 7:30 p.m. • Our sixth celebration of the 1995 Beijing Conference of Women. Conscious of our challenge to live in right relationships, we invite you to listen, to hear, to hold the cries of our sisters throughout the world. This evening of prayer and sharing focuses on the need to weave the web of justice for women. Donations appreciated. Call 724-242-5520; visitation@teleweb.net.

A Family of Women with Sally Gabany at Visitation • Sep. 8, Oct. 6, Nov. 3, Dec. 1; 7:00-9:00 p.m. • You are invited to gather with other women who are seeking support, enrichment and companionship for their spiritual journeys. Group experiences will include prayer, sharing and celebration of our life stories as a way of enhancing and affirming each person's unique spiritual path. $5-$10 per session. Call 734-242-5520; visitation@teleweb.net.

Meet the Beguines with Mary Ann D. Carolin at Visitation • Oct. 10, 7:00-9:00 p.m. • Come and meet the passionate Beguines, lay women of the middle ages. What message do they have for us today? What do we have in common with these women? The evening will include a presentation, silent reflection time and discussion. $20. Call 724-242-5520; visitation@teleweb.net.

Work & Right Livelihood

Annual Great Green Yard Sale at Zen Buddhist Temple • Sep. 2 from 9:00-5:00, Sep. 3 from Noon-5:00, Sep. 4 from 9:00-5:00 • This popular recycling sale offers furniture, household items, books, etc. which are ideal for students who are furnishing their rooms and apartments for the new school year. The furniture includes couches, chairs, desks, mattresses, chests of drawers, tables and more. Many of the items were donated to the Temple by local property management companies and have been fixed and cleaned by Temple members and friends for resale and reuse. Call 761-6520.

Practice Building for the Self-Employed with Jill Blixt • Oct. 14, 8:30-12:30 • The concept of marketing makes most self-employed people shudder. However, when you have found your life's work you also want to be able to support yourself. This workshop combines both practical and metaphysical approaches to creating and sustaining a healing practice. Benefit from Jill's more than 30 years experience in marketing and creativity to help you build a successful practice. $45 includes materials. Call 665-4577.

Building a Business the Zen Way with Geri Larkin of Still Point Zen Buddhist Temple • Sep. 23 and Nov. 11, 9:00-3:00 • This day-long seminar walks participants through the core themes involved in building a business that embraces one's deepest spiritual values. Specific topics include determining our core values, characteristics of successful entrepreneurs, writing a business plan and marketing with integrity. $45. Call 677-1521.

Building a Business the Zen Way with Geri Larkin at Zen Buddhist Temple • Sep. 19, 26 and Oct. 3; 6:30-9:00 p.m. • This popular training program for people who want to start and build right livelihood business is offered by Parang Geri Larkin, dharma teacher, business consultant and author. Class size is limited to 25. $15-$30 per session includes a copy of *Building a Business the Buddhist Way*. Call 761-6520.

Writing & Poetry

Writing as Prayer Series with Therese Craig of Weber Center • Sep. 20 and Oct. 18, 6:30-9:00 p.m. • Writing can help clarify and inspire your inner life. With quiet reflection and a guide, you can write your way to God and hear God's voice. These gatherings will enable you to tap into that wonderful stream of organic wisdom and let it rise to the surface. $10 per session. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.htm.

Zen and the Art of Writing with Geri Larkin of Still Point Zen Buddhist Temple • Sep. 24, 1:00-4:00 • Writing can be a deeply spiritual practice. This seminar will cover ground rules for writing. Also included are several writing exercises geared to strengthening our mindfulness muscles and broadening our awareness and understanding of our lives. $30. Call 677-1521.

Journal Writing as a Tool for Change with Phyllis Perry • One hour per week • Learn an easy journal writing technique to gain clarity, compassion and understanding for personal and professional choices. We will write and read, share and support each other. Insightful, nurturing, helpful to enhance the quality of your life. $25 per week for 8 weeks. For dates and times, call 973-8699.

Wisdom-Source Journaling with Antoinette Thoin • Nov. 7, 9:30-1:00 • I journal. I reveal myself. Now what? Take journaling to the next level! Experience greater fullness of yourself as you gain skill expressing deeper wisdom about yourself and life. Write, reflect, share in a supportive, stimulating environment. No previous experience necessary. $50. Call 327-2800.

Giving Voice to Your Soul: Writing as Spiritual Practice with Jill Blixt • 12 Tuesday Evenings beginning Sep. 19 • We thirst for the deepest part of ourselves. That still small voice that holds our truth, our dreams and our gifts. Writing practice can quench that thirst. Learn the tools to help you consistently tap the pool of your inner wisdom and creativity. This workshop is for anyone who yearns to write. All that's required is willingness. $30 per week includes dinner and books. Call 665-4577.

Yoga

Inward Bound Yoga Program • Level I, Level I-II, Level II and Level III hatha yoga classes begin on Sep. 11 • Teachers include Cathy King, Lynette Smith and Martha Laatsch. For brochure, call Barb Linderman at 971-8562; gfl@umich.edu.
Astanga Yoga offered on Saturdays, 8:15-10:00 with Jonathan Tyman. Call 996-4549; jtyman@provide.net.
Postures to Sacred Music offered Wednesdays, 7:30-8:30 a.m. with Barb Linderman. Call 971-8562; gfl@umich.edu.
Sun and Moon Yoga offered Mondays 4:30-5:30 with Cathy King. Call 517-592-8017; kingcm@dmci.net.
Kripalu Yoga offered Tuesdays 9:30-11:00 a.m. or Thursdays 10:00-11:30 am. by Dottie Coyne. Call 930-0192 or 517-2950; bernidot@aol.com.

Drop-In Yoga Class with Lisa Abrams of Lighthouse Center • Fridays, 6:00-7:15 p.m. • Designed for beginners and includes a warm up with gentle stretches, yoga postures emphasizing slow movement and fun, and concludes with breathwork. Loose fitting clothing suggested. $5 pledging Lighthouse member or $6 for others. For special needs or more info, please call 665-6219.

Drop-In Exploratory Yoga with Suzanne Willets Brooks • Tuesdays and Thursdays, 10:30-Noon beginning Sep. 12 • This class focuses on exploring the foundational postures of yoga. I use a playful approach to help you discover how your body can move you. Come discover the gifts your body has to offer. Please bring any props you feel would be helpful. $100. Call 482-2607; brooksjer@provide.net.

Integral Yoga with Mary Ann Kuszelewicz • Various times of Mondays and Thursday with Kids Yoga (Ages 6-11) on Thursdays from 4:00-5:00 • Gentle flowing yoga based on Swami Satchidananda's sequence of poses. $35 per six-week sessions. Call 971-8294.

Yogamoves with Gail Rucker • 4 Tuesdays, Sep. 26-Oct. 17; 5:00-6:30 p.m. or 6 Tuesdays, Oct. 31-Dec. 5; 5:00-6:30 p.m. • Classical postures with a lightness of being. Refresh and renew your strength, flexibility and concentration. Relax and re-center. Express your self in each pose. Allow your soul to shine and move through you. $42 for 4 classes, $50 for 6 classes or $14 for a single class. Call 994-3777; mymoves@aol.com.

Relaxation, Breathing and Simple Yoga Workshop with Zen Buddhist Temple • Nov. 4, 9:00-Noon • This workshop is based on a 5-step approach for becoming fully aware of the purpose of human life: relaxation of one's body-mind, peace of mind and happiness, life is breath, mindful breathing is awareness and awareness is awakening in this moment of life. $60. Call 761-6520.

Yoga for Moms with Young Kids with Ema Stefanova • Starting Sep. 18, 10:00 a.m. • Class suited for parents with infants - pleasant and safe environment for your kids to enjoy while you do yoga. You will learn postures, breathing, meditation and relaxation. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

Yoga in the Workplace with Ema Stefanova • Oct. 22, 10:00-1:00 and Nov. 4, 3:00-6:00 • Learn easy to do yoga movements and breathing that would enhance the quality of your work and relax you at the same time. Variety of workplaces covered. No previous yoga or meditation experience necessary. $80 per workshop. Call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

Yoga and Meditation Retreat with Ema Stefanova • Oct. 28-29 • We practice simple living and high thinking. Overnight stay. Food included. Silence encouraged. The focus of this retreat will be pranayam, meaning control of life energy force. You will learn traditional yoga breathing techniques and energy locks which should be part of every yoga and meditation practitioner's program. Suitable for beginners. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

Yoga with Ema Stefanova • Beginning Sep. 17: Sundays 5:00-6:30 p.m., Monday-Thursday 7:00-8:30 a.m., Monday-Wednesday 6:30-8:00 p.m. • Learn dynamic and static yoga postures with breath awareness and deep relaxation as well as meditation techniques you can apply in everyday life. Individual attention in small groups. Suitable for beginners. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

Yoga for Kids and Parents with Ema Stefanova • For complete description, see listing under Kids & Young Adults.

Yoga for Kids Ages 7-10 with Ema Stefanova • For complete description, see listing under Kids & Young Adults.

Yoga Happy Hour with David Rosenberg through University of Michigan Pierpont Commons • Oct. 1-Nov. 5, Sundays, 4:30-6:00 • This class teaches the Iyengar style of yoga that emphasizes alignment, strength and flexibility to perform beginning yoga poses. Explore the benefits of this ancient tradition. $40. Call Maryann Simons at 647-6838.

MEDITATION and

SPIRITUAL HEALING

Sundays at Noon

at Crazy Wisdom Bookstore

Jonathan Ellis was trained as a spiritual healer at the 100 year-old Cassadaga, Florida Spiritualist community. Each Sunday at noon in the Crazy Wisdom Bookstore 2nd floor meeting room, Jonathan leads a silent healing meditation for those present, as well as for people who have asked for distant healing. After the 15 minute group meditation, Jonathan offers individual spiritual healing prayer for those who request it. All are welcome to attend. Call Jonathan in Ann Arbor at (734) 668-6672 for further information. Or just come at noon on any Sunday beginning September 10 weekly through December 17, 2000.

Teachers, Lecturers, Workshop Leaders, and the Centers

aron "was a Buddhism monk and scholar in previous life-
nes. In his final lifetime, he was a Vipassana meditation
aster in the Theravadin tradition. His teaching draws from
is background, but he also reminds us that, like all of us,
has lived in many bodies, had many shades of skin, and
llowed many spiritual paths." Five books of Aaron's teach-
gs have been published.

sa Abrams has studied yoga since 1992, and incorpo-
tes various movement therapies in each class.

etsy Adams has had 25 years experience working with
ldlife and companion animals, in the home, kennel,
terinarian's office, and in wildlife rehabilitation. She has
irty years of background in the biological sciences, and
e's an energy worker and homeopath.

eanne Adwani has been involved with the Tarot since 1971.
ne began professional readings in England in 1982. She's
plored many traditions since that time, and she's inter-
ted in elemental relationships and mythological archetypes.
anne is also a very talented artist and craftswoman, and
r work has been on display through the years at Crazy
isdom Bookstore.

urie Akerros holds both a bachelors and masters degree
psychology, is a licensed massage therapist/bodyworker,
craniosacral therapist, and a practitioner of esotetic heal-
g. She is on the teaching staff of the Institute for Bioener-
tic Studies, and on the teaching team of the International
etwork of Esoteric Healers. She has been developing a
oad, holistic approach to healing for 25 years.

lizabeth Alberda brings the spiritual realm into focus
rough 23 years of experience in bioenergetics, training in
amanism, mystery school with Jean Houston and partici-
ition in Barbara Brennan's Healing School of Science.

aurice Alberda, MA draws on his study and teaching of
erature, Bioenergetic Analysis, and shamanic studies in
s Creative Integration work with individuals and groups.
ne works of Carl Jung, Joseph Campbell, Jean Houston
nd Robert Bly have significantly influenced him. He has
een active as both participant and leader in men's work for
any years.

ane Anderson is co-founder of the Ann Arbor Institute of
assage Therapy, and founder of the Ann Arbor Therapeu-
Massage Clinic. Since 1984, she has had training and
ivate practice experience in massage therapy, lymphatic
ainage and craniosacral therapy. She has taught begin-
ng anatomy and physiology workshops, as well as Sports
assage and Shiatsu workshops.

nn Arbor Authentic Movement Group is a member facili-
ted group of dancers who come together to practice Au-
entic Movement. Authentic Movement "is a profoundly
mple process of self-directed movement. By following the
dy's impulses to move or be still, movement becomes
iritual practice, creative resource and psychological nar-
tive." The common roots of its members are in the study
nd practice of Contemplative Dance.

nn Arbor Institute of Massage Therapy's instructors are
embers of the American Massage Therapy Association and
e certified by the National Certification Board for Thera-
eutic Massage and Bodywork. Their range of experience
ries from 3 years to 18 years. The AAIMT facility includes
assrooms, a student clinic and a retail area.

ary Arnold works as a hospice and home care volunteer
nd does bereavement counseling. He is also a Reiki Mas-
r and teaches classes in the Usui system of Reiki.

strology Study Group is an informal and friendly gather-
g of serious astrology students who use their association
r networking, engaging speakers, book recommendations,
nd astro-babbling (cheerfully chatting about astrology).
pen to all.

nita Austin, CMT is a Certified Rolfer. She has been in
ivate practice as a Rolfer for twelve years and a bodyworker
13 years. She is a senior practitioner and trainer of the
ercise rehabilitation techniques of Joseph Pilates. Her
ork is also influenced by her training with an elder in the
odenosaunee medicine tradition.

Leland Austin, MA is a Certified Advanced Rolfer, and has practiced for 15 years. He has also studied craniosacral therapy. For the last 10 years his work has been informed and influenced by 5 years of training in Bodynamics, a body-oriented psychotherapy.

Lee Cole is a psychologist, minister and healer/shaman. His purpose "is to be joyful and to help others find their joy". Reading Runes and doing healings using crystal bowls, drums, color and energy are a part of his path.

Diane Babalas, DC is a new chiropractor in Ann Arbor. She is joining forces with Dr. Stephen McLean.

Marliesa Back is a traditionally trained Reiki Master, and intuitive. She works as an animal communicator and teaches animal communication.

Peter Baker is a member of the American Massage Therapy Association and is Nationally Certified by the National Certification Board for Therapeutic Massage and Bodywork. He has been a massage practitioner for 25 years.

Eli-Jaxon Bear is the author of *Healing the Heart of Suffering*, about the liberating possibilities of the Enneagram. He is a student of Gangaji and Poojaji, in the lineage of Ramana Maharshi. He also has been involved with Tibetan and Zen Buddhism, and worked as a trainer for therapists.

Christi Bemister, MA is a graduate of a four-year subtle energy training program through the Barbara Brennan School of Healing. She has a private practice as a medical healer and intuitive energy healer, specializing in relationships.

Patricia Benson is associates director of Weber Center and chair of the Adrian Dominican Campus Earth Stewardship Promoters.

Kristin Blackburn, MSW, CSW is a psychotherapist who specializes in working with people regarding relationship, life transition and family of origin issues, including childhood abuse and neglect.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Rita Bober is a retired social worker, an herbalist-in-training, and a healer. She is apprenticed to Rosemary Gladstar, and has trained with Eliot Cowan, the founder of Plant Spirit Medicine.

John Bodary, M.A. is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy. He has taught Polarity for 15 years and has been in practice for 20 years.

Judith Bonini, ihm is an experienced retreat director. She affirms people's life experience as a way of encountering the mystery of God.

Barbara Boyk, PhD creates and leads circles designed to enhance personal connection in prayer. She is a psychologist in Ann Arbor.

Gregg Braden is the author of *Awakening to Zero Point*, and *Walking Between the Worlds*.

Michael Bratcher has been a massage therapist for five years. He is a graduate of the Ann Arbor School of Therapeutic Massage and Bodywork, and he's nationally certified.

Patty Brennan is a midwife and health educator with over 17 years of experience working with pregnant women and their families. She is the Executive Director of The Holistic Midwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccinations: Concerns & Alternatives Sourcepack*.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Suzanne Willets Brooks is an independent choreographer, artist, artistic director of *Meaning In Motion*, and the creator of the Riverside Drum & Dance Studio. Her background includes a degree in dance and education from EMU, certification in many modalities of bodywork, and 15 years of dance and yoga training.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972.
She is a Melchizedek priest, teaches workshops that emphasize transformation and integration, serves as a spiritual coach and healer, and performs personalized wedding ceremonies.

Camilla Burns, PhD is director of the Institute of Pastoral Studies at Loyola University in Chicago. Her study and love for the wisdom tradition in scripture inspires her presentations and reflections.

Having been a student of the Martial Arts since early childhood, ***Brodie Burris*** has been heavily influenced by eastern philosophy and culture. He earned a Masters Degree in Traditional Chinese Medicine from a four-year program in San Francisco. His work includes the use of acupuncture, bodywork, Chinese herbs and Qi Gong.

Mary Busse is a nutrition coach with over 20 years of professional experience, including 6 years as creator/author of an *Eat Smart* nutrition column for the *Grosse Pointe News*. She is also a certified massage therapist.

Shawn Butler has been practicing Reiki for 3 years and is now creating a fun and exciting way to share with his community.

Cassie Cammann, MSW, RPP has a background as a Polarity Practitioner, a social worker, a body energy worker, and an Insight Meditation teacher. She is a senior Deep Spring Center teacher with many years of practice and teaching experience. She has worked with the meditations of Stephen and Ondrea Levine for 10 years, and she has worked with hospice issues for over 20 years.

John Cardwell has studied the works of A.H. Almaas for ten years, and worked with a private Diamond Heart teacher for three years.

Mary Ann Carolin has extensive experience and education in spiritual development, loss and grief issues and family ministry.

Kapila Castoldi, PhD in High Energy Physics from the University of Milan, Italy is a Visiting Instructor at Oakland University. She is also the director of the Sri Chinmoy Centre of Ann Arbor, and has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 14 years. For the past ten years she has lectured on meditation and spiritual practice throughout the Midwest.

Victor Chao is a martial arts instructor and a native of Taiwan. He has been practicing for 20 years, and is currently teaching in Ann Arbor.

Gurudev Shri Chitrabhanu is a Jain Master who has been in America since 1971. He brings to the West the 5,000 year old teachings of Ahimsa (non-violence) and reverence for all life.

Evie Craig, ihm is an experienced campus minister and spiritual director who believes in holistic approaches that reclaim the wisdom of the body.

Therese Craig, OP, Ph.D., is a spiritual director at Weber Center. As a certified consultant for the Progoff Intensive Journal Method, she has led workshops in both the U.S. and Canada.

Teachers, Lecturers

Mary Tillinghast of Castle Remedies

Photo by Linda Lawson

Randall Cummins has 15 years of clinical experience as a bodywork practitioner and has taught at the Chicago School of Massage Therapy since 1983. He is a certified instructor with the American Oriental Bodywork Therapies Association. He has worked with hundreds of students to help them access the ancient principles of Zen Shiatsu.

Larissa Czuchnowsky teaches a children's meditation class at Deep Spring Center. She has considerable meditation and teaching experience and a degree in elementary education.

Patricia Danks received her PhD from Pacifica Graduate Institute in Jungian oriented clinical psychology. She has maintained a private psychotherapy practice for 15 years.

Ram Dass has been a leading countercultural and spiritual figure in this country for more than 30 years. His first book, *Be Here Now*, is one of the classic books about spiritual yearning published in this century. His other books include: *The Only Dance There Is*; *How Can I Help*; *The Miracle of Love*; *Grist for the Mill*; and *Compassion in Action*. His newly published book, *Still Here: Embracing Aging*, looks at life and spirituality through the lens of his own aging and his own health challenges.

Khandro Déchen "inspires people through her radiance and surprising simplicity rather than through giving public teachings. When accompanying Ngak'chang Rinpoche on teaching events, Khandro Déchen's style is to make short sporadic interjections rather than to give discourses. She teaches primarily through 'personality-display'. She is known for her Mirror-transmission which can only be given by female Lamas of the Aro gTér lineage."

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

David Deida is a teacher, and author of many books. His books include: *The Way of the Superior Man*; *Dear Lover*; *Wild Nights*; *It's a Guy Thing*; and *The Way of the Superior Lover*.

Kirk Dennis is a certified Diamond Heart teacher, having completed 12 years of training. He has studied with Krishnamurti and Da Free John, among others. He is the CEO of a telecommunications company, Vidcom, and he resides in Boulder, Colorado.

Eileen Dickinson has been a certified Trager® Practitioner for two years. She has been a physical therapist since 1975.

Drumwomyn (pronounced drumwoman) is based on the tradition of Ubaka Hill and the DrumSong Orchestra. "As we learn intricate rhythms, parts are put together to create a greater whole. Hence our singular name and motto: *Drumwomyn; One Drum, One Womyn.*"

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain such as arthritis, lupus, MS, irritable bowel syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She has also lived with chronic illness for 18 years.

Jeffrey Duvall is co-director of Men's Council Project of Boulder, Colorado.

Suzanne Eastman, MS, LLP, CSW conducts therapy and dream groups, does individual therapy and leads workshops. She chiefs quarterly Sweat Lodge ceremonies and develops personal ceremonies for important life passages. Her orientation is eclectic, with shamanic, Buddhist, Jungian, and Bioenergetic influences.

Joan Ebbitt has a psychotherapy practice in Adrian, Michigan, and also serves as a consultant to Guest House, Lake Orion Treatment Center.

Ryan Edwards has studied in many places, including Michigan, Boston, New York City and West Africa, with various masters of Malinke Music. He has focused on the djembe, dununs, and balafon.

Tom Egan, M.Ed. In Counseling, lives in Ann Arbor and works as an engineer. He does Holistic Health Counseling, has taught in the public schools, is a Reiki practitioner, and has competed nationally as an athlete. He has developed and facilitated Spirit programs for adolescents and athletes. He also offers "healing waters therapy".

Jonathan Ellis lived for many years in a spiritual community in Cassadaga, Florida, where he trained as an intuitive counselor and healer. A former co-owner of Crazy Wisdom Bookstore, Jonathan now has a full-time practice in Ann Arbor as a spiritual director, where he meets individually with people once a month to support their independent spiritual path. A raconteur and man about town, he can often be spotted sipping tea at the new Crazy Wisdom Tea Room.

Mateyo Empie, the Medicine Woman, has walked between the worlds for over 30 years, supplementing her experiences with studies in indigenous shamanism, aura reading, conscious counseling, ritual forms, divination, and several energetic healing modalities. In this world, "the plant and stone people are among my most important advisors".

Essence Point is a non-profit spiritual network dedicated to supporting inner joy, and was created from like-minded individuals who met as a result of being connected with John Friedlander's work in some way. The network offers the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Diane Evans is a retired public school teacher. Specializing in interpersonal and intrapersonal communication, she has done intuitive/psychic readings and counseling for the last five years. Currently, she maintains a private practice and works part-time at Crazy Wisdom.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom, and currently serves as President of The American Polarity Therapy Association. She also completed a 2 year apprenticeship with Susun Weed in herbs and the Wise Woman Tradition, and has taught herbology for 5 years at The People's Food Co-op.

Bon Rose Fine is a member of the American Federation of Astrologers and the Michigan Federation of Astrology. She is the owner and operator of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Sandy Finkel, MPH is an experienced meditation teacher. She is co-founder of Jewel Heart Buddhist Center and has taught meditation and stress management at Michigan Heart and Vascular Institute, U of M Medical Center, Compuware, Fourmidable Group, Hope College and Ann Arbor Railroad.

Lori Fithian brings a broad base of musical and rhythm expertise to her drum classes, workshops and open c munity drum circles. She has studied with many teach and is passionate about building community and plane healing through the drum.

Chetana Florida has been a mantra meditator since 1 and is the founder and president of the Lighthouse Ce for Spiritual Development. She is Gurudev Chitrabha 1^{st} apostle, and teaches the 5,000 year old teachings al the chakras from his book *The Psychology of Enlightenm* She is a counselor, teacher and lecturer and has taught 2,500 students to meditate.

John Friedlander is a nationally recognized psychic, thor and teacher. He has studied with Jane Roberts in Seth class, and at the Berkeley Psychic Institute with four Lewis Bostwick. His latest book is *Basic Psychic Deve ment: A User's Guide to Auras, Chakras & Clairvoya* available at Crazy Wisdom.

Maureen Frisbe is a Registered Polarity Practitioner. is a long-time exercise trainer with a practice in Plymou

Phyllis Lei Furumoto is a Grand Master of the Usui Sys of Reiki Healing (Usui Shiki Ryoho). She travels the wo guiding Reiki masters and students to a deeper experie of the Usui System. She is the granddaughter of Haw Takata, the woman responsible for bringing Reiki to the W Furumoto, the living lineage bearer, brings with her m years of practice under the direction of the lineage and personal experiences of Hawayo Takata.

Sally Gabany is a wife, mother and grandmother, and experienced spiritual director. She believes that there many pathways to spirituality and is familiar with the p cess of recovery and with twelve-step programs.

Edwene Gaines is an ordained Unity minister. Gaines taught spiritual prosperity principles to students in this co try, and around the world.

Inge Gaiser is a Physical Therapist currently enrolled Feldenkrais training to become a Feldenkrais practition She is teaching *Awareness Through Movement* lessons the general public and has a special interest in clients w neurological and orthopedic problems.

Jackie Garvin is a licensed psychotherapist who has st ied Eastern spiritual traditions since 1983. She specializ in experiential therapies and intuitive counseling.

Bronwen Gates, PhD is a spiritual teacher who combin the discipline and knowledge from her formal training in ology with her intuitive gifts of clairsentience and direct kno ing. She has a practice as a holistic health practitioner a intuitive healer, and has more than 30 years of experien as a teacher and facilitator in many contexts. She also mak available her own flower essences, the Faerie Flowers. Sh was the subject of *The Crazy Wisdom Interview* in the Jan ary-April 1998 issue.

Chris Gates has studied percussion techniques and tra tions for 18 years, and has taught rhythm workshops a classes since 1991.

Nanci Rose Gerler is a professional intuitive counselor, u ing her abilities as a psychic, medium, channel and heale She offers private sessions of psychic readings and cha neled messages for personal and spiritual growth. Her pra tice, Crystal Clear Expressions, is located in Ann Arbor.

Ava Gilzow, MA is a certified Phoenix Rising Yoga Thera practitioner. She has been a public school teacher for years, and began practicing hatha yoga 25 years ago. Pho nix Rising Yoga Therapy helped Ava "face a life threateni illness with courage and inner awareness."

Ray O. Golden, MSE, is a Reiki Master trained in the tra tional Japanese manner by Dr. Gabriel Cousens. He dev oped the *Reiki With Animals* workshops. He co-develope *Heart Centered Reiki* with Cousens. He founded the Cent for Intuitive Health. He teaches Reiki and Intuitive Develo ment classes on: People and Animals, Reiki and other He ing Techniques, and Energy Clearing and Processing. H also teaches with The Animal/Human Energy Bond, and th Practical Psychic Center of Ann Arbor.

James Gordon, MD is Founder and Director of the Cent for Mind-Body Medicine in Washington, D.C.

Workshop Leaders, and the Centers

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in ballroom dance, T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Rabbi Yehunda Grundman is a teacher and lecturer at the Kabbalah Center in New York.

Richard Gull, PhD has been facilitating men's groups for 12 years. He teaches Philosophy at U-M Flint.

Deborah Harrington and **Mully Mulliner** are founders of the Creative Living Earth Center, and experts in comfortable, simple living. They have studied with Carol Bridges, Sun Bear, Patricia Sun and Marianne Williamson.

Virginia Harris is the publisher of Mary Baker Eddy's book, *Science and Health*. She also serves on the board of directors of *The Christian Science Monitor*.

Elizabeth Hawkins founded Writing Workshops in 1995, and has facilitated over 100 classes around the country. She will be studying in Ecuador for two months prior to the "Writing the Labyrinth" program which she will be presenting through the Weber Center in October.

Kim High is a naturalist with the Ohio Metroparks and an instructor at Bowling Green University. "She brings genuine enthusiasm to all her workshops, and it's contagious!"

Laurie Hodder-Davis, RNC is a Women's Health Nurse Practitioner and a Certified Regional Trainer for Neonatal Resuscitation Certification. She has 14 years experience in neonatal intensive care, including transport and stabilization of high-risk and critical neonates. She worked for 22 years in both high-risk and low-risk obstetrics in Michigan.

Ann Hughes has been quilting since 1989. She is the executive vice president and Chief Operating Officer of the Lenawee Chamber of Commerce.

Robert Hughes has been studying alternative healing modalities since graduating from the U of M in 1992. He augmented his studies with 2 years in residence at a healing arts school, The Heartwood Institute, where he was class valedictorian. He has been practicing and teaching Qi Gung and Reiki since 1997.

Inward Bound *consists of* **Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. **Barbara Linderman** is the program director of Inward Bound.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Karma Thegsum Choling, a Tibetan Buddhism meditation center, is an affiliate of Karma Triyana Dharmachakra, North American seat of H.H. Karmapa XVII, Orgyen Trinde Dorje. Long-term students offer basic meditation instruction and participate in weekly discussions.

Esther Kennedy, OP is an associate director of Weber Center. She is leading a Labyrinth weekend, and Sacred Dance classes, this fall at the Weber Center. "She brings her love and understanding of the labyrinth, where at the center there is only the Dance."

Bridget Kenny comes from the Detroit area. She has given many Serenity Retreats for Women in AA.

Karen Kerns is a skilled and experienced bodyworker, massage therapist and Polarity Therapist. She has done extensive work in the area of craniosacral energy.

Gurudarshan Khalsa is a Holistic Family Physician, yoga teacher, and co-founder of the Detroit Men's Wisdom Council.

Kelsang Khedrub is a close disciple of Geshe Kelsang Gyatso for many years and has studied Buddhist scriptures extensively at Harvard University and at Manjushri Buddhist Center in England. He is a western monk and resident teacher at Vajrayana Buddhist Center in Chicago.

Photo by Linda Lawson

Yoga teachers from Inward Bound - (clockwise from left: Jonathan Tyman, Cathy King, Martha Laatsch, and Barbara Linderman)

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life. Channeled sessions with St. Germain are offered for removing blocks that come from previous lives.

Betz King is a masters level psychotherapist specializing in women's empowerment and alternative spirituality. She is co-founder of Inner Dynamics: Exploring the Universe Within, in Royal Oak, Michigan.

Julia King began exploring metaphysics in the late 1960's. She has been teaching meditation and healing classes for six years.

Rob Koliner, DC practices Network Spinal Analysis in Ann Arbor. He graduated with honors from Sherman College of Straight Chiropractic. He's been studying Network Spinal Analysis for 5 years with its founder and developer, Dr. Donald Epstein.

Laurie Krauth, MA, LLP is a psychotherapist who works with individuals, couples and groups, as well as a writer for national parenting magazines. A Michigan Limited License permits practice under the supervision of a fully licensed psychologist (Rona Scheiner, PhD).

Kristine Kurnit, MA is a licensed psychotherapist in practice for 20 years. She is a senior teacher at the Deep Spring Center.

Mary Ann Kuszelewicz has been teaching yoga for 4 years and is currently working toward her certification as an Integral Yoga instructor. She is a former social worker.

Geri Larkin, an ordained dharma teacher, is the guiding teacher of Still Point. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs, Bad Hair Days, Stumbling Toward Enlightenment,* and *Building a Business the Buddhist Way.* Her latest book is *Tap Dancing in Zen.*

The Rev. Matthew Lawrence has been chaplain at Canterbury House since 1986. In addition to his innovative Jazz Mass, he is known as a speaker and writer.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Jeanne Mackey, MSW, ACSW is a professional musician, ecotherapist and workshop leader. A long-time community builder, she draws on European, Chinese and Native American earth-based traditions: She has served as musical director of Sacred Song, a local multi-cultural choral group.

Richard Maurer has studied numerology, tarot cards, astrology and esoteric subjects and philosophy for 30 years. A graduate of EMU, he has taught classes on a variety of subjects, at the University of Michigan and other locations around the state.

Sue Webster McDonald, ACSW is an experienced *Artist's Way* and *Vein of Gold* facilitator. She has trained with Julia Cameron, is an artist herself, and practices the principles of *The Artist's Way.*

James McDonald has studied with Mathew Wood, Stephen Bruhner, Rosemary Gladstar, Paul Strauss, Equinox Botanicals and the Clayton College of Natural Healing. He is a member of United Plant Savers.

Anita McKay, trained in fine arts, has spent recent years developing an already strong intuition into a reliable clairvoyance. She combines her skills as a psychic and an artist to create drawings of clients' spirit or angel guides.

Victor McManemy is a folk singer, songwriter and environmental activist. He sings for Earth and indigenous peoples through his strong voice, 12-string guitar and harmonica.

Lynn Meadows is a Certified Feng Shui Consultant and has studied with many internationally known teachers from the various schools of Feng Shui. She combines a background as a businessperson and teacher of fashion and interior design, with a personal quest for spiritual enrichment.

Lynnette Michalik is an artist and educator. She has a background in classical archeology, women's studies and Native American knowledge systems, and has been a member of the Moonlodge since 1986, and a leader since 1992. She has led workshops in shield building, fire tending, creation stories and elemental alignment.

Sylvia Middlebrooks and **John Middlebrooks** have found inspiration in the Dances of Universal Peace and the Sufi path of the heart since 1982, and have taught the Dances for the past 10 years. John is a representative of the Ruhaniat order of Sufism.

Richard Miller has 25 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan; from 1978 to 1991, he trained in San Francisco under Master Adam Hsu. He established the Great Lakes Wushu in 1992.

Stephanie Mills is well-known as the author *of In Service to the Wild* as well as *Whatever Happened to Ecology?* Named one of *Utne Reader's* 'visionaries', her writings have appeared in numerous publications.

Elmo Morales has been a certified physical education teacher for 30 years. He is the Director of the Bodies in Balance Fitness Studio.

Susan Morales is a psychotherapist and certified Spinning® Instructor.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

Teachers, Lecturers, Workshop Leaders, and the Centers

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding. She has been influenced by Gestalt and Jungian therapy, and by the work of Stanislav Grof.

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since l979. He lives in Durham, N.C., where he does transpersonal counseling and teaches at Duke University.

Phyllis Perry, MSW, MFA is a clinical social worker and writer. She founded New Options Counseling for Women in 1989, and specializes in careers, education, relationships, relocation and creative/artistic pursuits. She has also written a book about journal writing.

Judy Piazza is a singer/songwriter and percussionist. She performs and facilitates workshops on frame drumming, the power of pulse, and indigenous singing. Her background is in music therapy.

Aiji Pipho has practiced and taught Tai Chi Chuan in Ann Arbor for several years, and has been teaching classes at the Pierpont Commons for the past 4 years.

Carla Pitchford has been quilting since 1985. She is a costume maker for the Lenawee Christian Schools.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Imam Hassan Qazwini is an author of books on Islam.

Silver Ravenwolf is a nationally known Wiccan elder and author. She is a prolific author. Her books include: *To Ride a Silver Broomstick, American Folk Magick, Beneath the Mountain Moon, Silver Spells for Protection, To Light a Sacred Flame, To Stir a Magick Cauldron, Halloween*, and *Teen Witch*, among others. She is the Tradition Head of the Black Forest Clan. Her books have become a standard reference for people studying Witchcraft.

Jesse Richards has been teaching voice and dance for the last 17 years. She is currently the artistic director of Hundredth Monkey, previously the director of Sister Earth. She is a recording artist, has released 8 albums of original music, and occasionally sings on *Xena: Warrior Princess.* She was the subject of *The Crazy Wisdom Interview,* in the September-December 1999 issue.

A'dzom Rinpoche and ***Traktung Rinpoche*** are lineage holders within the Nyingma tradition – the oldest school of Tibetan Buddhism. Traktung Rinpoche has been recognized as the mind incarnation of the great Tibetan yogi Do Khyentse Yeshe Dorje and A'dzom Rinpoche has been recognized as an incarnation of great yoginis from both the lineage of Do Khyentse and the Aro Ter lineage. They are head Lamas of the local Flaming Jewel Dharma center and the International Rigdzin Community which has Ngak'phang, monastic and lay students in Europe, Moscow, Mongolia, Tibet and the United States.

Kyabje Gelek Rinpoche is an incarnate Tibetan lama of Drepung Monastic University. He trained with some of Tibet's greatest masters, including Kyabje Ling Rinpoche and Kyabje Trizang Rinpoche. He is the founder of the Jewel Heart Tibetan Buddhist community, which has centers in the US, Europe and the Far East, and he has graced the Ann Arbor area with his presence now for a number of years.

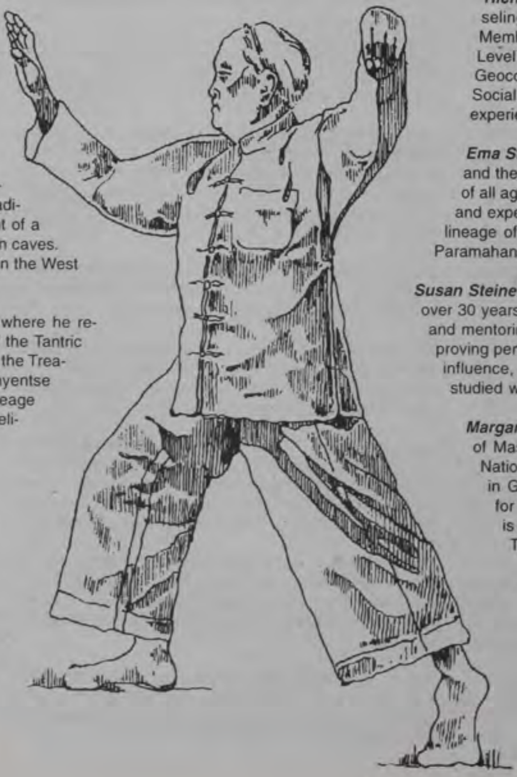
Ngakchang Rinpoche is one of the world's great masters of Dzogchen and a Tulku of the great Dzogchen master Aro Yeshe. He studied with many of the most revered teachers of the Nyingma school. He has accomplished all the traditional practices and received every necessary empowerment of a Nyingma Lama, and completed four years of solitary retreat in caves. With the encouragement of his teachers, he began to teach in the West in 1979.

Rigdzin Namkha Rinpoche was born and raised in Tibet where he received teachings from many of the greatest living holders of the Tantric Buddhist tradition. He is recognized as the 12th incarnation of the Treasure Revealer Trak Ngak Lingpa by His Holiness Dilgo Khyentse Rinpoche. Namkha Rinpoche is a Nyingma Ngakpa – a lineage holder in the rare and powerful tantric, non-monastic, non-celibate White Skirt lineage of Tibetan Buddhism.

Gloria Riopelle is an educator, social worker and public speaker. She is a certified retreat/spiritual director with over 25 years experience presenting topics on personal growth and spirituality.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner with 15 years experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain.

David Rosenberg has been teaching Yoga in the Iyengar tradition since l993, and is certified. A while back, he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist. His classes are "challenging but infused with humor and personal attention".



Gail Rucker is a certified Phoenix Rising Yoga Therapy Practitioner and trained yoga teache with a Masters Degree in Health and Physical Education. She has 30 years of teachin experience, and currently conducts *YogaMoves* classes, and *It's Your Move* creative movement workshops, and is the movement director of Empatheatre, an improvisational theate company.

Renee Rutz is co-founder of Complete Chiropractic and Massage. Originally, her trainin was in massage therapy but her education and study influenced an integrative, energy body, mind approach to client care. She is a registered Polarity Practitioner and Craniosacral therapist trained in the Biodynamic method of craniosacral work. Her current field o study is in trauma healing.

Frances Salvato of the Chicago School of Massage Therapy has advanced training in pregnancy and infant massage, energetic techniques, sports massage, cranial work, and myofascial massage therapy.

Laura Sanders is a feminist, artist, social worker and mother of two spirited nine-year-olds She combines these qualities to capture the attention of girls – tapping into their persona and communal power. Laura has a bachelor's degree in women's studies and a master's degree in social work, and she also teaches at the U of M School of Social Work.

Linda Sayer, DC is co-owner of the multidisciplinary clinic, Complete Chiropractic and Massage Therapy. She is certified in several chiropractic techniques. She has lectured and run workshops on a variety of topics from diet to Spiritual Anatomy.

Sara Schreiber, PhD is in private practice as a psychotherapist in Ann Arbor. She is the Artistic Director of Empatheatre. Her work with Empatheatre combines drama and improvisation to enact life-situations and find resolutions that feed the soul.

Sandra Shears is a local spiritual channel and counselor in practice since 1990. She offers an accelerated process for becoming Soul, through advanced energy healing and activation.

Jewel Shelden is a professional psychic counselor, certified hypnotherapist, Reiki Master, ordained minister, author, teacher and lecturer. She specializes in past life regression and dermatoglyphic research. She is a conscious channel, and "enjoys helping others awaken to their spirit guides". She has also written two instructional booklets for palmistry students.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Michael Smith, ND is Associate Dean of Research at the Canadian College of Naturopathic Medicine.

Ayron Smith-Douglas, RN, MA is a nurse, psychologist and a widow. She participated in *A Year To Live* with Stephen and Ondrea Levine at Omega Institute, and has completed her own 12-month "Expirament".

Richard Smoot has 28 years of astrological study, counseling and teaching experience. He is a Professional Member of the American Federation of Astrologers and a Level IV Certified Astrologer with the National Council for Geocosmic Research. In addition, Smoot is a registered Social Worker for the State of Michigan with 15 years of experience in personal and crisis counseling.

Ema Stefanova has taught yoga and meditation in Europe and the United States since l979, to groups and individuals of all ages. Her teaching style is based on her own practice and experience, as well as training with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, the founder of the first yoga university.

Susan Steiner has worked professionally in human resources for over 30 years. She has done both formal and informal coaching and mentoring on issues such as women in the workplace, improving performance, personal and professional motivation and influence, process improvement and design. She has also studied with Natalie Goldberg and is a published writer.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is involved in Government Relations as a Second Vice President for the American Massage Therapy Association. She is also certified with the National Certification Board of Therapeutic Massage and Bodywork.

Andrew Taylor focused his bachelor's degree on theater and speech in secondary education. He has been living and teaching creating and *The Artist's Way* for four years. His interests include Creative Writing, Bead Jewelry and Acting/Directing.

Antoinette Thoin, MA is a storyteller, psychic and counselor. She leads storytelling and personal growth workshops. "Just as a dream can reveal hidden meaning in life's events, my work can help you connect to your higher purpose: love, joy and happiness. Using psychic gifts, I spontaneously connect with an individual or group and bring forth what may help you connect with deeper parts of yourself. Gifts arise out of my spiritual process."

Robert Thurman is an internationally respected Buddhist scholar and author. He is the author of *Essential Tibetan Buddhism, Circling the Sacred Mountain, Politics of Enlightenment* and *Inner Revolution: Life, Liberty and the Pursuit of Real Happiness.* Perhaps he is most notable for being the father of actress Uma Thurman.

Mary Tillinghast is in her 16th year of managing Castle Remedies. She also has worked with Ed Linkner, M.D., and under his guidance has had hands-on-training in the use of homeopathic medicines

Tsogyel-gar, formerly named Crazy Cloud Hermitage, is the center of the Flaming Jewel community of practitioners of the Nyingma tradition of Tibetan Buddhism. The Nyingma tradition is the oldest and original lineage of Tantra in Tibet and is unique in its Sangha of ordained non-monastic Ngakpa, or 'mantra wielding', practitioners. Tsogyel-gar exists for the study and preservation of the Ngakpa lineages.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

John Van Zandt's study of shamanism began with Michael Harner and has included such well-known teachers as Sandra Ingerman, Tom Cowan and Malidoma Somé. His cross-cultural explorations led him to his mentor, Alberto Villoldo, who introduced him to the shamanism of the Andes, which became the path of his heart. In 1999, he received the personal mantle and blessing of don Manuel Q'espi, eldest of the Q'ero shamans.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting that encompasses a barn-chapel and library, retreat houses and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups and is a Level II EMDR therapist.

Wendy Warrick is an experienced Feng Shui Practitioner who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Jeanie Wayker has been a student of the 4th Way for 25 years.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Lou Weir has been involved in the Diamond Heart School for three years.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 19 years of experience in the healing arts including 12 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past six years. Her training includes study with two Masters initiated by Hawayo Takata. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Julie Wolcott, MA, CSW, LPC is a long time counselor and psychotherapist. She has taught yoga for 9 years, and introduced Phoenix Rising Yoga Therapy to her practice within the last 4 years. She also leads Thai Yoga Therapy sessions. She practices out of her home office in Dexter.

Wyrd Roots of the Sacred Forest Coven will celebrate its third anniversary on Samhain, 2000 and is a member of the Michigan chapter of the Covenant of the Goddess. Kalathena and Gypsy, the coven's founders, have had over a decade of experience running Craft workshops, classes and public rituals.

Suzanne Xuereb is a lay Buddhist practitioner who has been practicing Kadampa Buddhism since 1994 under the guidance of a senior Teacher in the tradition. Before moving to Michigan, she worked to help establish Vajralama Buddhist Center in Seattle, Washington.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being. She is also a board member of the Association of Women Martial Arts Instructors, and is a mentor for other instructors in her field. She is also a certified Acupressure Technician.

Kam Yuen is a lecturer, teacher, doctor and Grandmaster of Shaolin Kung Fu, Tai Mantis Kung Fu, Tai Chi Chuan and Tai-Kung.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Sukha Murray,*** Resident Priest, who has been teaching yoga for 20 years and meditation for I0 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers. (Sukha Murray was the subject of *The Crazy Wisdom Interview* in the May-August 1997 issue.)

(Pictured above) Richard Gull and Sara Schreiber

Where do we distribute The Crazy Wisdom Calendar?

4,500 copies of *The Crazy Wisdom Calendar* are distributed free all over town! If you would like to have 25 to 50 copies of *The Calendar* dropped off at your office or center, please let us know. Below is a list of places we drop off copies of *The Calendar* when it's fresh from the printers. Since *The Calendar* covers a four-month period, we also make an effort to replenish the supply at certain of these places, particularly at Whole Foods, the Food Co-op, Castle Remedies, Café Zola, Kerrytown Market, and Nicola's Books. Copies of the current issue of *The Calendar* are also always available at Crazy Wisdom Bookstore and Tea Room for the first 2 months covered by each issue. After that, they're gone.

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Wasentha Young is nationally known and is the founder of the Peaceful Dragon School in Ann Arbor, Michigan.

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